

## Dangerous food additives to avoid!

Because my health and health of my family matters, throughout years I've looked into several publications and research that have been done regarding food additives, preservatives, artificial sweeteners and colors, and put together table that can be a simple guide to those who prefer to be cautious and who like to have a choice, to decide what to consume. Some of us might be more sensitive to chemicals than others.

Here is the list with identifying code numbers of the nasty food additives that we avoid eating. Artificial food preservatives, food colors and flavor enhancers, many of these can be dangerous chemicals added to our food and are known to be linked to Hyperactivity, Attention-Deficit Disorder (ADD), Asthma, Cancer, Poisonings and other negative medical conditions.

### Where to look for food additives on a product label?

When buying groceries, these additives are listed (if it's given by the law) on the food product's packaging under **"INGREDIENTS:"** or **"CONTAINS:"** section, usually next to "Nutrition Information" but the code numbers or names of these additives can be printed on in a small font.

In my opinion placement of the text can be sometimes somewhat hidden or perhaps even misleading. Which isn't right. Any dangerous additives added in the food, if the product contains any, really should be listed visibly (those people who experience health issues and unpleasant reactions prefer having them labeled on their food packs for instance as **"Nasty Additives"**).

### 330 and E330 Citric Acid

How about the Citric Acid E330 or 330? No problem with naturally occurring citric acid. Artificially produced E330 or 330 additive, depending on where or how it is produced with using sulfuric acid, many believe the product might still contain mold and sulfur/sulfites not filtered out completely during the production (Sulfur dioxide and other sulfites (also referred to as sulphites, [do not confuse with sulfate]) are among food additives in the list below, under H - A, causing asthmatic and allergic reactions.) For most people sulfites are safe, but for example sensitive aspirin allergies or asthma sufferers can react very severely to sulfites.

In the year 1953 Sir Hans Krebs received Nobel Prize for physiology medicine for discovering that the **Citric acid** in metabolic reactions acts as part in series of compounds occurring within physiological oxidation of proteins, carbohydrates and fats and turning them into water and Carbon dioxide. Called Tricarboxylic Acid Cycle or known as the Krebs Cycle which is involved in most metabolic reactions, where the Citric acid plays a major role. \* The word "krebs" translates to English word "cancer" ... and that's what created the misunderstanding that citric acid 330 - e330 causes cancer. But in fact it does not. It is an organic acid used as additive in foods, in drinks, in beer, wine or cheese production, citric acid prevents bacteria growth, it gives the citric/sour flavor, bakers use it, citric acid E330 or 330 is often added to cakes, biscuits, soups, all sorts of sauces, frozen packed and canned food products, sweets, marmalade's, ice creams, which is positive and tasty ... you can find it mentioned on the packaging.

### Food additives to avoid

Can linked to hyperactivity, asthma, cancer - avoid these in your own will in your every day diet! If allergic and other reactions to food additives can occur hours and even days later after they are consumed therefore it can be hard for many people to notice any connection links. A noticeable contrast, as to spot a positive change resulting from food intake, if necessary, could possibly be achieved by starting to eat and cook for a period of time only natural raw, not modified, food items. Thus comparing the effects against the previous diet and potentially seeing or feeling some difference.

### MSG — Monosodium Glutamate

Are the ONLY known information on glutamate. In connection with cancer tumors research that came to my attention is in this [page on PubMed](#). Is it enough to label MSG with C or is it not? I do not know, research always helps. For instance a great work by Dr. Russell Blaylock neurosurgeon, his book on toxic effect of MSG on human brain "Excitotoxins: The Taste That Kills" was published already in the year 1994 (Updated edition in 1996.) He is author of other very interesting books not only on MSG or aspartame. Find out about his Wellness Center at [RussellBlaylockMD.com](http://RussellBlaylockMD.com) website.

## Dangerous Food Additives - AVOID!

**\*Hyperactivity (H) - Asthma (A) - Cancer (C)**

Additive Number	Name of Food Additive	Can cause/Not suitable		
		H	A	C
102 & E102	Tartrazine (food color)	H	A	C
104 & E104	Quinoline Yellow (food color)	H	A	C
107 & E107	Yellow 2G (food color)	H	A	C
110 & E110	Sunset Yellow (Yellow food color #6)	H	A	C
120 & E120	Carmines, Cochineal (food color)	H	A	–
122 & E122	Azorubine, Carmoisine (food color)	H	A	C
123 & E123	Amaranth (Red food color #2)	H	A	C
124 & E124	Ponceau, Brilliant Scarlet (food color)	H	A	C
127 & E127	Erythrosine (Red food color #2)	H	A	C
E128	Red 2G (Red food color)	H	A	C
129 & E129	Allura Red AC (food color)	H	A	C
E131	Patent Blue (food color)	H	A	C
132 & E132	Indigotine, Indigo Carmine (food color)	H	A	C
133 & E133	Brilliant Blue (food color)	H	A	C
142 & E142	Acid Brilliant Green, Green S, Food Green (food color)	H	A	–
143	Fast Green (food color)	–	A	–
150 & E150	Caramel (food color)	H	–	–
151 & E151	Activated Vegetable Carbons, Brilliant Black (food color)	H	A	C
154	Food Brown, Kipper Brown, Brown FK (food color)	H	A	C
155 & E155	Chocolate Brown HT, Brown HT (food color)	H	A	C
160b & E160b	Bixin, Norbixin, Annatto Extracts (yellow, red to brown natural colors)	H	A	–
E171	Titanium Dioxide, TiO <sub>2</sub> (to give foods an opaque color)	H	A	C
E173	Aluminium preservatives	–	–	C
E180	Latol Rubine, Pigment Rubine preservatives	H	A	C

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200 & E200-203	Potassium & Calcium Sorbates ,Sorbic Acid preservatives	H	A	–
210 & E210	Benzoic Acid preservatives	H	A	–
211 & E211	Sodium Benzoate preservatives	H	A	C
212 & E212	Potassium Benzoate preservatives	–	A	–
213 & E213	Calcium Benzoate preservatives	–	A	–
E214	Ethyl Para Hydroxybenzonate preservatives	–	A	–
E215	Sodium Ethyl Para Hydroxybenzonate preservatives	–	A	–
216 & E216	Propyl P Hydroxybenzonate, Propylparaben preservatives	–	A	–
E217	Sodium Propyl P Hydroxybenzonate preservatives	–	A	–
220 & E220	Sulphur Dioxide also Sulfur dioxide preservatives	H	A	–
221 & E221	Sodium Sulfite or Sodium Sulphite preservatives	–	A	–
222	Sodium Bisulfite or Sodium Bisulphite preservatives	–	A	–
223 & E223	Sodium Metabisulfite or Sodium Metabisulphite preservatives	–	A	–
224 & E224	Potassium Metabisulphite or Potassium Metabisulfite preservatives	–	A	–
225 & E225	Potassium Sulfite or Potassium Sulphite preservatives	–	A	–
E226	Calcium Sulfite or Calcium Sulphite preservatives	–	A	–
E227	Calcium Hydrogen Sulphite or Calcium Hydrogen Sulfite preservatives	–	A	–
E228	Potassium Bisulfite, Potassium Hydrogen Sulfite or Potassium Bisulphite, Potassium Hydrogen Sulphite preservatives	H	A	–
E230	Diphenyl, Biphenyl preservatives	–	–	C
E231	Orthophenyl Phenol preservatives	–	–	C
E236	Formic Acid preservative	–	–	C

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E239	Hexamine, Hexamethylene Tetramine preservatives	–	–	C
249 & E249	Potassium Nitrate preservative	–	A	C
250 & E250	Sodium Nitrite preservative	H	A	C
251 & E251	Sodium Nitrate preservative	H	–	C
252 & E252	Potassium Nitrate preservative	H	–	C
260 & E260	Acetic Acid, Glacial preservatives	–	A	–
280 to 283	Calcium or Potassium or Sodium Propionates, Propionic Acid preservatives	H	A	–
310 & E310	Propyl Gallate (Synthetic Antioxidant)	–	A	C
311 & E311	Octyl Gallate (Synthetic Antioxidant)	–	A	–
312 & E312	Dodecyl Gallate (Synthetic Antioxidant)	–	A	–
319 & E319	TBHQ, Tert Butylhydroquinone (Synthetic Antioxidants)	H	A	–
320 & E320	Butylated Hydroxyanisole (BHA) (Synthetic Antioxidants)	H	A	C
321 & E321	Butylated Hydroxytoluene (BHT) or Butylhydroxytoluene (Synthetic Antioxidants)	H	A	C
330 & E330	Citric Acid ( <b>NOT DANGEROUS</b> if naturally occurring e330 & 330 citric acid additive – but other can contain sulfites and mold, explained earlier in the article above this table and the printable version link.)	–	–	–
407 & E407	Carrageenan (Thickening & Stabilizing Agent)	–	A	C
413 & E413	Tragacanth (thickener & Emulsifier)	–	A	–
414 & E414	Acacia Gum (Food Stabilizer)	–	A	–
416	Karaya Gum (Laxative, Food Thickener & Emulsifier)	–	A	–
421 & E421	Mannitol (Artificial Sweetener)	H	–	–
430	Polyxyethylene Stearate (Emulsifier)	–	–	C

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431	Polyxyl Stearate (Emulsifier)	-	-	C
E432 – E435	Polyoxyethylene Sorbitan Monostearate (Emulsifiers Gelling Stabilisers Thickeners Agents)	-	-	C
433 – 436	Polysorbate (Emulsifiers)	-	-	C
441 & E441	Gelatine (Food Gelling Agent)	-	A	-
466	Sodium CarboxyMethyl Cellulose	-	-	C
507 & E507	Hydrochloric Acid (Hydrolyzing Enhancer & Gelatin Production)	-	-	-
518 & E518	Magnesium Sulphate (Tofu Coagulant)	-	-	C
536 & E536	Potassium Ferrocyanide (Anti Caking Agent)	-	A	-
553 & E553 & E553b	Talc (Anti Caking, Filling, Softener, Agent)	-	-	C
620 – 625	MSG Monosodium Glutamate, Glutamic Acid, all Glutamates (Flavour Enhancers). MSG can be referred to by varieties of other names.	H	A	C
627 & E627	Disodium Guanylate (Flavour Enhancers)	H	A	-
631 & E631	Disodium Inosinate 5 (Flavour Enhancers)	-	A	-
635 & E635	Disodium Ribonucleotides 5 (Flavour Enhancers)	-	A	-
903 & E903	Camauba Wax (used in Chewing Gums, Coating and Glazing Agents)	-	-	C
905 & 905 a,b,c	Paraffin and Vaseline, White Mineral Oil (Solvents, Coating and Glazing, Anti Foaming Agents, Lubricant in Chewing Gums)	-	-	C
924 & E924	Potassium Bromate (Agent used in Bleaching Flour)	-	-	C
925 & E925	Chlorine (Agent used in Bleaching Flour, Bread Enhancer and Stabiliser)	-	-	C
926	Chlorine Dioxide (Bleaching Flour and Preservative Agent)	-	-	C
928 & E928	Benzoyl Peroxide (Bleaching Flour and Bread enhancer Agent)	-	A	-
950 & E950	Potassium Acesulphame (Sweetener)	-	-	C
951	Aspartame (Sweetener)	H	A	-

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952 & E952	Cyclamate and Cyclamic Acid (Sweeteners)	-	-	C
954 & E954	Saccharine (Sweetener)	-	-	C
1202 & E1202	Insoluble Polyvinylpyrrolidone Insoluble (Stabiliser and Clarifying Agent added to Wine, Beer, medications, Pharmaceuticals)	-	-	C
1403	Bleached Starch (Thickener and Stabiliser)	-	A	-