**PRODUCT NO. 1**

INGREDIENT - refined wheat flour

COMMON NAMES: Maida, all-purpose flour

SOURCE: processed from wheat grains

DESCRIPTION: it is a finely milled white flour with the bran and germ removed.

USE IN FOOD: mainly used in baking for making bread, cakes, pastries, etc.

HARMFUL EFFECTS: consuming excessive amounts may contribute to weight gain and consuming Maida is harmful to your digestive health

ALLERGY: may not be suitable for those with gluten sensitivity or cardiac disease.

INGREDIENT - Sugar

COMMON NAMES: Sucrose, table sugar

SOURCE: Sugarcane or sugar beets

DESCRIPTION: Sweetener, crystalline substance

USE IN FOOD: Sweetening beverages, baking, and cooking

HARMFUL EFFECTS: Excessive consumption is linked to health issues like obesity, diabetes, and dental problems.

ALLERGY: True sugar allergies are rare. Sugar intolerance is more common, especially lactose intolerance.

INGREDIENT - Fractionated Fat

COMMON NAMES: Fractionated palm kernel oil, fractionated coconut oil

SOURCE: Palm kernels or coconuts

DESCRIPTION: Processed to separate certain components, often to obtain specific fatty acids

USE IN FOOD: Often used in the food industry for texture and as a stabilizer in some products.

HARMFUL EFFECTS: High consumption may contribute to high saturated fat intake, impacting cardiovascular health.

ALLERGY: Generally not a common allergen

INGREDIENT - Palmolein

COMMON NAMES: Palm oil

SOURCE: Extracted from the fruit of oil palms

DESCRIPTION: Edible vegetable oil

USE IN FOOD: Cooking oil in various food products

HARMFUL EFFECTS: Concerns about environmental impact and health issues due to high saturated fat content.

ALLERGY: Rare, but some individuals may be allergic to palm oil.

INGREDIENT - Invert Sugar

COMMON NAMES: Invert syrup

SOURCE: Created by hydrolyzing sucrose into its constituent sugars, glucose, and fructose

DESCRIPTION: Sweetener, liquid form

USE IN FOOD: Used in the food industry for sweetening and moisture retention.

HARMFUL EFFECTS: Excessive intake can contribute to the same issues as regular sugar.

ALLERGY: cases of an allergic reaction to sugar are incredibly rare, but they could happen

INGREDIENT - Cocoa Solids

COMMON NAMES: Cocoa powder

SOURCE: Extracted from roasted cacao beans

DESCRIPTION: Powdered form of chocolate without the cocoa butter

USE IN FOOD: Baking, desserts, and beverages

HARMFUL EFFECTS: Generally safe in moderation; high sugar content in chocolate products can be a concern.

ALLERGY: Cacao allergy can induce cutaneous, oral/gastrointestinal, respiratory symptoms, and anaphylaxis after ingestion

INGREDIENT - Leavening Agent 500(ii) (Sodium Bicarbonate)

COMMON NAMES: Baking soda

SOURCE: Naturally occurring or produced synthetically

DESCRIPTION: Used as a leavening agent in baking

USE IN FOOD: Causes dough to rise in baking

HARMFUL EFFECTS: Excessive intake may lead to sodium-related health issues.

ALLERGY: Rare, but some individuals may be sensitive.

INGREDIENT - Leavening Agent 503(ii) (Ammonium Bicarbonate)

COMMON NAMES: Baker's ammonia

SOURCE: Produced from ammonia and carbon dioxide

DESCRIPTION: Used as a leavening agent in baking

USE IN FOOD: Gives a light texture to baked goods

HARMFUL EFFECTS: Can produce ammonia gas, with inhalation risks; should be used carefully.

ALLERGY: No risks to humans are expected from approved uses of ammonium bicarbonate

INGREDIENT - Starch

COMMON NAMES: Cornstarch, potato starch

SOURCE: Extracted from various plants like corn or potatoes

DESCRIPTION: Carbohydrate-based substance used as a thickening agent

USE IN FOOD: Thickening sauces, soups, and desserts

HARMFUL EFFECTS: Generally safe in moderation.

ALLERGY: Rare, but possible for individuals with starch allergies.

INGREDIENT - Iodized Salt

COMMON NAMES: Table salt

SOURCE: Mined or obtained from seawater

DESCRIPTION: Salt with added iodine for dietary supplementation

USE IN FOOD: Seasoning and preserving food

HARMFUL EFFECTS: Excessive intake can lead to health issues like hypertension.

ALLERGY: Sodium chloride can promote immune responses that have been linked to atopic dermatitis.

INGREDIENT - Natural Identical Flavoring Substances (Strawberry)

COMMON NAMES: Strawberry flavor

SOURCE: Synthetically produced to mimic the flavor of strawberries

DESCRIPTION: Flavoring agent

USE IN FOOD: Adding strawberry flavor to various food products

HARMFUL EFFECTS: Generally considered safe, but some individuals may be sensitive to specific additives.

ALLERGY: Possible for individuals sensitive to specific additives.

INGREDIENT - Emulsifier (322) (Lecithin)

COMMON NAMES: Soy lecithin

SOURCE: Extracted from soybeans

DESCRIPTION: Emulsifying agent, helps in blending oil and water

USE IN FOOD: Found in many processed foods, chocolates, and baked goods

HARMFUL EFFECTS: Generally safe; some individuals may be allergic.

ALLERGY: A soy allergy is a type of food allergy that occurs when your immune system mistakenly triggers a defensive response to soy.

INGREDIENT - Color (122) (Azorubine)

COMMON NAMES: Carmoisine

SOURCE: Synthetic azo dye

DESCRIPTION: Red food color

USE IN FOOD: Coloring agent in various food products

HARMFUL EFFECTS: Some studies suggest potential links to hyperactivity in children

ALLERGY: May cause allergic reactions in sensitive individuals.

**PRODUCT 2**:

INGREDIENT: Sugar

Common Names: Sucrose, glucose, fructose, etc.

Source: Sugar can be derived from sugarcane, sugar beets, or other plants.

Description: Sugar is a sweetener and is often used for flavor enhancement and as a preservative.

Use in Food: Sweetening, flavoring, and preserving. It can also contribute to the texture and color of certain foods.

Harmful Effects: Excessive sugar intake is associated with various health issues, including obesity, diabetes, and dental problems.

Allergy: Sugar allergies are extremely rare, but some people may be sensitive to large amounts.

Apple Juice Concentrate (2.1%)

**Common Names:** Concentrated apple juice.

**Source:** Extracted from apples.

**Description:** Apple juice concentrate is a condensed form of apple juice, used for flavoring and sweetening.

**Use in Food:** Sweetening, flavoring, and as a natural source of apple flavor.

**Harmful Effects:** Generally safe when consumed in moderation. However, excessive consumption can contribute to high sugar intake.

**Allergy:** People with apple allergies should avoid products containing apple juice concentrate.

**Acidity Regulators (INS 296, INS 330, INS 331(iii)):**

* **Common Names:**
* INS 296 - Malic acid
* INS 330 - Citric acid
* INS 331(iii) - Trisodium citrate
* **Source:** Naturally occurring acids found in fruits or synthetically produced.
* **Description:** Acidity regulators control the acidity or alkalinity of foods.
* **Use in Food:** To adjust and control the pH of foods, enhance flavors, and act as preservatives.
* **Harmful Effects:** Generally recognized as safe in normal food amounts.
* **Allergy:** Allergic reactions to these substances are extremely rare.

**Stabilizer (INS 440):**

* **Common Names:** Pectin
* **Source:** Extracted from fruits or produced commercially.
* **Description:** Stabilizers, like pectin, are used to thicken and stabilize the texture of foods.
* **Use in Food:** Commonly used in jams, jellies, and other preserves.
* **Harmful Effects:** Generally considered safe. Excessive intake may cause digestive issues in some individuals.
* **Allergy:** Rare, but some individuals may be sensitive to pectin.

**Natural Colour (INS 150d):**

* **Common Names:** Caramel III, ammonia caramel.
* **Source:** Produced by heating sugar with ammonium compounds.
* **Description:** Natural colorant used to give a brown color to foods and beverages.
* **Use in Food:** Coloring agent for a variety of products, including colas and sauces.
* **Harmful Effects:** Generally considered safe, but excessive intake should be avoided.
* **Allergy:** No known allergies to caramel color.

**Antioxidant (INS 300):**

* **Common Names:** Ascorbic acid (Vitamin C)
* **Source:** Naturally found in fruits and vegetables or produced synthetically.
* **Description:** Antioxidants help prevent oxidation and spoilage of food.
* **Use in Food:** Used to prevent browning in fruits and vegetables, and as a preservative.
* **Harmful Effects:** Generally safe, but high doses may cause digestive issues in some individuals.
* **Allergy:** Rare, but individuals with sensitivity to ascorbic acid should avoid it.

**Identical Flavoring Substance:**

* **Common Names:** These are often specific to the flavor being replicated.
* **Source:** Chemically synthesized to mimic natural flavors.
* **Description:** Synthetic compounds used to reproduce specific flavors.
* **Use in Food:** Enhancing or replicating flavors in various food products.
* **Harmful Effects:** Generally recognized as safe when used in appropriate amounts.
* **Allergy:** Allergic reactions are possible for sensitive individuals, depending on the specific compound used.

**PRODUCT 3**

1. Acidity Regulators (INS 330, INS 331(iii)):

- Common Names:

- INS 330 - Citric Acid

- INS 331(iii) - Trisodium Citrate

-Source: Naturally found in citrus fruits for citric acid. Trisodium citrate can be derived from citric acid.

- Description: Acidity regulators control the acidity or alkalinity of foods.

- Use in Food: Citric acid is widely used for its sour flavor and as a preservative. Trisodium citrate is used as a buffering agent and emulsifier in certain foods.

- Harmful Effects: Generally recognized as safe in normal food amounts.

- Allergy: Allergic reactions to these substances are extremely rare.

2. Stabilizers (INS 466, INS 415):

- Common Names:

- INS 466 - Carboxymethyl Cellulose (CMC)

- INS 415 - Xanthan Gum

- Source: CMC is derived from cellulose, often from wood pulp. Xanthan gum is produced through fermentation of sugars by Xanthomonas bacteria.

- Description:

- CMC is a thickening agent and stabilizer.

- Xanthan gum is a thickening and stabilizing agent, also acting as an emulsifier.

- Use in Food: They are commonly used in a variety of processed foods, including salad dressings, sauces, and baked goods.

- Harmful Effects: Generally considered safe. However, excessive intake may cause digestive issues in some individuals.

- Allergy: Allergic reactions to these substances are rare but can occur.

3. Antioxidants (INS 300, INS 110, INS 900a):

- Common Names:

- INS 300 - Ascorbic Acid (Vitamin C)

- INS 110 - Alpha-Tocopherol (Vitamin E)

- INS 900a - Polydimethylsiloxane

- Source:

- Ascorbic acid is naturally found in fruits and vegetables or produced synthetically.

- Alpha-Tocopherol is a natural form of vitamin E found in various foods.

- Polydimethylsiloxane is a synthetic compound.

- Description:

- Ascorbic acid is an antioxidant that helps prevent oxidation and spoilage of food.

- Alpha-Tocopherol is a fat-soluble antioxidant.

- Polydimethylsiloxane is often used as an anti-foaming agent.

- Use in Food:

- Ascorbic acid is used to prevent browning in fruits and vegetables and as a preservative.

- Alpha-Tocopherol is used as a nutritional supplement and antioxidant in certain foods.

- Polydimethylsiloxane is used in various food processing applications to control foam.

- Harmful Effects: Generally safe, but high doses may cause issues in some individuals.

- Allergy: Allergic reactions to these substances are rare.

4. Emulsifier (INS 110):

- Common Name: Octyl gallate

- Source: Synthetically produced.

- Description: Octyl gallate is an antioxidant and emulsifier.

- Use in Food: Used in fats and oils to prevent rancidity and as an emulsifier in certain food products.

- Harmful Effects: Generally considered safe in small amounts. Excessive intake may cause digestive issues in some individuals.

- Allergy: Allergic reactions to octyl gallate are rare but can occur.

5. Bulking Agent (INS 900a):

- Common Name: Polydimethylsiloxane

- Source: Synthetic compound.

- Description: Polydimethylsiloxane is often used as an anti-foaming agent.

- Use in Food: Used in various food processing applications to control foam.

- Harmful Effects: Generally considered safe in small amounts.

- Allergy: Allergic reactions to polydimethylsiloxane are rare.

PRODUCT 4