

Autolyzed, hydrolyzed, glutamate, glutamic acid, hydrolyzed, autolyzed

HIDDEN SOURCES

OF PROCESSED FREE GLUTAMIC ACID (MSG)

NAMES OF INGREDIENTS THAT CONTAIN ENOUGH MSG TO SERVE AS COMMON MSG-REACTION TRIGGERS

The MSG-reaction is a reaction to free glutamic acid that occurs in food as a consequence of manufacture. MSG-sensitive people do not react to protein (which contains bound glutamic acid) or any of the minute amounts of free glutamic acid that might be found in unadulterated, unfermented, food.

These ALWAYS contain MSG

Glutamate	Glutamic acid	Gelatin
Monosodium glutamate	Calcium caseinate	Textured protein
Monopotassium glutamate	Sodium caseinate	Yeast nutrient
Yeast extract	Yeast food	Autolyzed yeast
Hydrolyzed protein (any protein that is hydrolyzed)	Hydrolyzed corn gluten	

These OFTEN contain MSG or create MSG during processing

Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Citric acid	Malt flavoring
Bouillon and Broth	Natural chicken flavoring	Soy protein isolate
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley malt	Soy sauce extract
Whey protein concentrate	Pectin	Soy protein

Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified
Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented
Natural flavor(s) & flavoring(s)	Enzymes anything	Seasonings (the word "seasonings")

In ADDITION...

The new game is to label hydrolyzed proteins as pea protein, whey protein, corn protein, etc. If a pea, for example, were whole, it would be identified as a pea. Calling an ingredient pea protein indicates that the pea has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present. Relatively new to the list are wheat protein and soy protein.

Disodium guanylate and disodium inosinate are expensive food additives that work synergistically with inexpensive MSG. Their use suggests that the product has MSG in it. They would probably not be used as food additives if there were no MSG present.

MSG reactions have been reported to soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients that include the words "hydrolyzed," "amino acids," and "protein."

Low fat and no fat milk products often include milk solids that contain MSG.

Drinks, candy, and chewing gum are potential sources of hidden MSG and of aspartame and neotame. Aspartic acid, found in neotame and aspartame (NutraSweet), ordinarily causes MSG type reactions in MSG sensitive people. Aspartame is found in some medications, including children's medications. Neotame is relatively new and we have not yet seen it used widely. Check with your pharmacist.

Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin both of which contain processed free glutamic acid (MSG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and

REPRODUCTIVE disorders later in life. It would appear that most, if not all, live virus vaccines contain MSG.

Reactions to MSG are dose related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours.

Note: There are additional ingredients that appear to cause MSG reactions in ACUTELY sensitive people. A list is available by request.

Remember: By FDA definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature.

We would like to hear from you if you have found additional MSG-reaction triggers.

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