



Hidden Sources of MSG

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
- Monosodium Glutamate
- Monopotassium Glutamate
- Yeast Extract
- Hydrolyzed Protein (any protein that is hydrolyzed)
- Glutamate Acid
- Calcium Caseinate
- Sodium Caseinate
- Yeast Food
- Hydrolyzed Corn Gluten
- Gelatin
- Textured Protein
- Yeast Nutrient
- Autolyzed Yeast
- Natrium Glutamate (Natrium is Latin/German for sodium)

These OFTEN contain MSG:

- Carrageenan
- Natural pork flavoring
- Bouillon and broth
- Natural beef flavoring
- Stock
- Whey protein concentrate
- Whey protein
- Whey protein isolate
- Flavors(s) and flavoring(s)
- Natural flavor(s) and flavoring(s)
- Maltodextrin
- Citric acid
- Natural chicken flavoring
- Ultra-pasteurized
- Barley malt
- Pectin
- Protease
- Protease enzymes
- Anything enzyme modified
- Enzymes anything
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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 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, in which MSG is hidden in ingredients that include the words “hydrolyzed,” “amino acids,” and “protein.”

