Avoiding MSG

Everyone knows that some people get reactions after eating the food ingredient monosodium glutamate. Reactions can include migraine headaches, upset stomach, brain fog, diarrhea, heart irregularities, asthma, and/or mood swings. What many don't know is that more than 40 different ingredients contain the chemical in monosodium glutamate (processed free glutamic acid) that causes these reactions. The following is a list of ingredients that contain process-free glutamic acid.

Names of Ingredients that Always Contain Processed-Free Glutamic Acid

- Glutamic Acid (E 620), Glutamate (E 620)
- Monosodium Glutamate (E 621)
- Monopotassium Glutamate (E 622)
- Calcium Glutamate (E 623)
- Monoammonium Glutamate (E 624)
- Magnesium Glutamate (E 625)
- Natrium Glutamate
- Yeast Extract
- Anything 'hydrolyzed'
- Any 'hydrolyzed protein'
- Calcium Caseinate, Sodium Caseinate
- Yeast food, Yeast nutrient
- Autolyzed Yeast
- Gelatin
- Textured Protein
- Soy Protein, Soy Protein Concentrate, Soy Protein Isolate
- Whey Protein
- Whey Protein Concentrate
- Whey Protein Isolate
- Anything "....protein"
- Vetsin
- Ajinomoto

Notes

Names of Ingredients that Often Contain or Produce Processed-Free Glutamic Acid

- Carageenan (E 407)
- Bouillon and Broth
- Stock
- Any "flavors" or "flavoring"
- Maltodextrin
- Citric Acid, Citrate (E 330)
- Anything "ultra-pasteurized"
- Barley Malt
- Pectin (E 440)
- Protease
- Anything "enzyme modified"
- Anything containing "enzymes"
- Malt Extract
- Soy Sauce
- Soy Sauce Extract
- Anything "Protein Fortified"
- Anything "Fermented"
- Seasonings

(1) Glutamic acid found in unadulterated protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

The following ingredients suspected of containing of creating sufficient processed-free glutamic acid to serve as MSG - reaction triggers in HIGHLY SENSITIVE people:

- Corn starch
- Corn syrup
- Modified food starch
- Lipolyzed butter fat
- Dextrose
- Rice syrup
- Brown rice syrup
- Milk powder
- Reduced fat milk (skim; 1%; 2%)
- Most things low fat or no fat
- Anything enriched
- Anything vitamin-enriched

(2) E numbers are used in Europe in place of food additive names

The following work synergistically with MSG to enhance flavor. If they are present for flavoring, so is MSG:

- Disodium 5'-quanylate (E 627)
- Disodium 5'-inosinate (E 631)
- Disodium 5'-ribonucleotides (E 635)

REMINDERS

- Low-fat and no-fat milk products often contain milk solids that contain MSG and many dairy products contain carageenan, guar gum, and/or locust bean gum. Low-fat and no-fat versions of ice cream and cheese may not be as obvious as yogurt, milk, cream, cream cheese, cottage cheese, etc., but they are not exceptions.

- Protein powders contain glutamic acid, which, invariably, will be processed-free glutamic acid (MSG). Individual amino acids are not always listed on labels of protein powders. At present, there is an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed wheat protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed corn protein. If a tomato, for example, were whole, it would be identified as a tomato. Calling an ingredient tomato protein indicates that the tomato has been hydrolyzed, or at least in part, and that processed free glutamic acid (MSG) is present.

- Disodium guanylate and disodium inosinate are relatively 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 from soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients with names that include the words "hydrolyzed", "amino acids", and/or "protein". Most sun block creams and insect repellents also contain MSG.

- Drinks, candy, and chewing gum are potential sources of hidden MSG and/or aspartame, neotame, and AminoSweet (the new name for aspartame). Aspartic acid, found in neotame, aspartame (NutraSweet), and AminoSweet, ordinarily causes MSG-type reactions in MSG-sensitive people. (It would appear that calling aspartame "AminoSweet" is industry's method of choice for hiding aspartame). We have not seen Neotame used widely in the United States.
- Aspartame will be found in some medications, including children's medications. For questions about the ingredients in pharmaceuticals, check with your pharmacist and/or read the product inserts for the names of "other" or "inert" ingredients.
- Binders and fillers for medications, nutrients, and supplements, both prescriptions 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 some ingredient(s) that contain MSG.
- Reactions to MSG are dose-related, ie. some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48-hours. The time-lapse between ingestion and reaction is typically the same each time for a particular individual who ingests an amount of MSG that exceeds his or her individual tolerance level.

REMEMBER: By food industry definition, all MSG is "naturally occurring", "Natural" doesn't mean "safe", "Natural" only means that the ingredient started out in nature, like arseenic and hydrochloric acid.

REFERENCES:

Truth in Labeling Campaign
www.truthinlabeling.org