



## 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 can cause histamine reactions however.

### These ALWAYS contain MSG

#### Glutamate

**Monosodium glutamate**

**Monopotassium glutamate**

**Yeast extract**

**Hydrolyzed protein**

(Any protein that is hydrolyzed)

#### Glutamic acid

**Calcium caseinate**

**Sodium caseinate**

**Yeast food**

#### Gelatin

**Textured protein**

**Yeast nutrient**

**Autolyzed yeast**

### These OFTEN contain MSG or create MSG during processing

**Carrageenan**

**Natural pork flavoring**

**Bouillon**

**Natural beef flavoring**

**Stock**

**Whey protein concentrate**

**Whey protein**

**Whey protein isolate**

**Flavors(s) & Flavoring(s)**

**Natural flavor(s) & flavoring(s)**

**Maltodextrin**

**Broth**

**Natural chicken flavoring**

**Ultra-pasteurized**

**Barley malt**

**Pectin**

**Protease**

**Protease enzymes**

**Anything enzyme modified**

**Enzymes anything**

**Malt extract**

**Malt flavoring**

**Soy protein isolate**

**Soy sauce**

**Soy sauce extract**

**Soy protein**

**Soy protein concentrate**

**Anything protein fortified**

**Anything fermented**

**Seasonings**  
(the word "seasonings")

# HIDDEN SOURCES OF PROCESSED FREE GLUTAMIC ACID (MSG)

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" and "amino acids."



Low fat milk products often include milk solids that contain MSG. Drinks, candy, and chewing gum are potential sources of hidden MSG and of aspartame.

Aspartic acid, found in aspartame (NutraSweet), ordinarily causes MSG type reactions in MSG sensitive people. Aspartame is found in some medications, including children's medications.

Check with your pharmacist. Binders and fillers for medications, nutrients, and supplements, both prescription and nonprescription, 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.

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.

Remember: By FDA definition, all MSG is "naturally occurring."

"Natural" doesn't mean "safe." We would like to hear from you if you have found additional MSG-reaction triggers.