



EXCITOTOXINS

Never purchase products which contain these ingredients in their label:

- ❖ Aspartame, aspartate
- ❖ Cysteine, cysteic acid
- ❖ Mono sodium glutamate

Additives that always contain MSG:

- ❖ Mono sodium glutamate
- ❖ Hydrolyzed vegetable proteins;
hydrolyzed protein
- ❖ Hydrolyzed plant extract
- ❖ Sodium caseinate
- ❖ Yeast extract
- ❖ Texturized protein (including TVP)
- ❖ Autolyzed yeast
- ❖ Hydrolyzed oat flour
- ❖ Calcium caseinate
- ❖ Corn oil

Additives that frequently contain MSG:

- ❖ Malt extract and malt flavoring
- ❖ Bouillon
- ❖ Stock
- ❖ Natural flavoring seasonings
- ❖ Malt flavoring
- ❖ Broth flavoring
- ❖ Natural beef or chicken flavoring
- ❖ Spices and seasonings

Food Additives that may contain MSG or excitotoxins:

- ❖ Carrageenan
- ❖ Enzymes
- ❖ Soy Protein concentrate
- ❖ Soy Protein isolate
- ❖ Whey protein concentrate