

Sources of processed free glutamic acid (MSG)¹

(Last updated November, 2009)

Everyone knows that some people get reactions after eating the food ingredient monosodium glutamate -- reactions that include migraine headaches, upset stomach, fuzzy thinking, 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 list of ingredients that contain processed free glutamic acid has been compiled over the last 20 years from consumers' reports of adverse reactions and information provided by manufacturers and food technologists.

| Names of ingredients that always contain processed free glutamic acid: | Names of ingredients that often contain or produce 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 Vetsin Ajinomoto (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. | Carrageenan Bouillon and broth Stock Whey protein, Whey protein concentrate Whey protein isolate Any "flavors" or "flavoring" Maltodextrin Citric acid Anything "ultra-pasteurized" Barley malt Pectin Protease Anything "enzyme modified" Anything containing "enzymes" Malt extract Soy sauce Soy sauce extract Soy protein, Soy protein concentrate, Soy protein isolate Anything "protein fortified" Anything "fermented" Seasonings |

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

Disodium 5'-guanylate (E 627)

Disodium 5'-inosinate (E-631)

Disodium 5'-ribonucleotides (E 635)

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

| | |
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| Corn starch Corn syrup Modified food starch Lipolyzed butter fat Dextrose | Rice syrup, brown rice syrup Milk powder Reduced fat milk (e.g., skim milk; 1% milk; 2% milk) most things low fat or no fat anything Enriched or Vitamin enriched |
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Information provided by the Truth in Labeling Campaign

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