

Hidden Names for MSG

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The following substances contain the highest percentage of factory created free glutamate, with MSG containing 78%:

These ALWAYS contain MSG

1. MSG
2. Monosodium glutamate
3. Monopotassium glutamate
4. Glutamate
5. Glutamic Acid
6. Vegetable Protein Extract
7. Gelatin
8. Hydrolyzed Vegetable Protein (HVP)
9. Hydrolyzed Plant Protein (HPP) (any protein that is hydrolyzed)
10. Hydrolyzed corn gluten
11. Autolyzed Plant Protein
12. Sodium Caseinate
13. Senomyx (wheat extract labeled as artificial flavor)
14. Calcium Caseinate
15. Textured Protein
16. Yeast Extract
17. Yeast food or nutrient
18. Autolyzed Yeast
19. Natrium glutamate (natrium is Latin/German for sodium)

The following substances contain some factory created free glutamate in varying amounts. Please note that some food labels list several of these items, which can add up to a **Considerable and Dangerous** amount in one product:

1. Malted Barley (flavor)
2. Barley malt
3. Malt Extract or Flavoring
4. Maltodextrin, dextrose, dextrans
5. Caramel Flavoring (coloring)
6. Stock
7. Broth
8. Bouillon
9. Carrageenan
10. Whey Protein or Whey
11. Whey Protein Isolate or Concentrate

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12. Pectin
13. Protease
14. Protease enzymes
15. Lecithin
16. Amino acids (as in Bragg's liquid amino acids and chelated to vitamins)
17. Pectin
18. Natural Flavors, Flavors, Flavoring
19. Reaction Flavors
20. Natural Chicken, Beef, or Pork, Flavoring "Seasonings" (Most assume this means salt, pepper, or spices and herbs, which sometimes it is.)
21. Soy Sauce or Extract
22. Soy Protein
23. Soy Protein Isolate or Concentrate
24. Cornstarch fructose (made from corn)
25. Flowing Agents
26. Wheat, rice, corn, or oat protein
27. Anything enriched or vitamin enriched
28. Protein fortified "anything"
29. Enzyme modified proteins
30. Ultra-pasteurized dairy products
31. Fermented proteins
32. Gluten and gluten flour
33. Algae, phytoplankton, sea vegetable, wheat/ barley grass powders
34. Enzyme modified proteins
35. Modified food starch
36. Rice syrup or brown rice syrup
37. Lipolyzed butter fat
38. "Low" or "No Fat" items
39. Corn syrup and corn syrup solids, high fructose corn syrup
40. Citric Acid (when processed from corn)
41. Milk Powder
42. Dry Milk Solids
43. Protein Fortified Milk
44. Annatto
45. Spice
46. Gums (guar and vegetable)
47. Dough Conditioners
48. Yeast Nutrients
49. Protein powders: whey, soy, oat, rice (as in protein bars shakes and body building drinks)

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Battling the "MSG Myth"

Suffering from puzzling chronic conditions such as headaches, stomach disorders, fatigue, depression, and many other problems. Tests have come up negative and you want answers.

What you will find out at this time will most likely be the missing piece of the puzzle. What we discovered helped our family and thousands of others. Some skeptics will think, "It's too simple an explanation", but the truth is, most of us are suffering needlessly because of so-called "safe" food additives, namely excitatory neuro-transmitters (nicknamed excitotoxins).

The main ones are monosodium glutamate (MSG), aspartame, and L-cysteine. You may think that you are actually avoiding MSG if you avoid Chinese restaurants, but this factory created flavor enhancer is in almost every bottled, bagged, frozen, or canned processed food on super market shelves. But since MSG is often a component of a formulation, it is not labeled as such.

You've seen words like autolyzed yeast, hydrolyzed protein, and whey protein. Each of these substances contain a percentage of glutamate, the harmful component of MSG.

I didn't correlate my headaches and diarrhea to the food I was eating for years. Most of us don't because reactions to these excitatory substances can occur from ten minutes to 48 hours after ingestion. But when my 19 year old son began to develop debilitating headaches, my search for answers led me to the culprit: MSG. See if you suffer from any of these commonly reported symptoms and disorders.

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Have you been tested for, suffer from, and found little relief from any of the following conditions?

- 1 Severe headache
- 2 Nausea, diarrhea, vomiting
- 3 Irregular heart beat or blood pressure, racing heart
- 4 Depression or mood change, bipolar, SAD
- 5 Abdominal pain, cramps, bloating, colitis, IBS
- 6 Balance problems, dizziness, or seizures, mini-strokes
- 7 Tenderness in localized areas, neck, back, etc.
- 8 Sleep disorders
- 9 Blurred vision or difficulty breathing
- 10 Chronic fatigue or sleepiness
- 11 Excessive perspiring or shuddering and chills
- 12 Shortness of breath, chest pains, asthma
- 13 Swelling, pain, or numbness of hands, feet, jaw
- 14 Pain in joints or bones
- 15 Flushing or tingling in face, chest, pressure behind eyes
- 16 Gagging reflex or difficulty swallowing
- 17 Hyperactivity, behavioral problems
- 18 Chronic post nasal drip
- 19 Skin rash, itching, hives
- 20 Bloated face, dark circles under strained eyes
- 21 Extreme thirst or dry mouth
- 22 Difficulty concentrating and poor memory
- 23 Slowed speech
- 24 Chronic bronchitis-like symptoms, allergy reactions, dry cough, hoarseness or sore throat
- 25 Heavy, weak feeling in arms and legs
- 26 Irritable bowel or colitis
- 27 Attention deficit disorder, anxiety attacks, rage, panic attacks
- 28 Neurological disorders such as Alzheimer's, fibromyalgia, MS, Parkinson's
- 29 Pressure behind eyes or on head, neck, shoulders
- 30 ADD, ADHD, Rage Disorder
- 31 Asthma
- 32 Weight problems, obesity, hypoglycemia

If any of these conditions plague you, you may be a victim of the myth that monosodium glutamate (MSG) is a safe food additive.

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The truth is that the average person eats much more glutamate than what is considered to be a safe and normal amount in the typical American diet. MSG is in everything from crackers and soda pop to vitamins and toothpaste.

In ADDITION...

The not so 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 free glutamic acid (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, where MSG is hidden in ingredients that include the words "hydrolyzed," "amino acids," and "protein."

Low fat and no fat milk products often include milk solids that contain MSG. 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 an exception.

Protein powders contain glutamic acid, which, invariably, would be processed free glutamic acid (MSG). Glutamic acid is not always named on labels of protein powders.

Drinks, candy, and chewing gum are potential sources of hidden MSG and of aspartame and neotame. Aspartic acid, found in neotame and aspartame (NutraSweet), ordinarily causes MSG type reactions in MSG sensitive people. Aspartame is found in some medications, including children's medications. Neotame is relatively new and we have not yet seen it used widely. Check with your pharmacist.

Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

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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 MSG.

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." "Natural" only means that the ingredient started out in nature.

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