



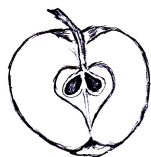
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Where is MSG Hidden?



**Processed
Food**



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Ingredients That *Always* Contain MSG:

- Ajinomoto
- Autolyzed yeast or autolyzed yeast extract
- Calcium caseinate
- Calcium glutamate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed oat flour
- Hydrolyzed plant protein
- Hydrolyzed protein or
- Hydrolyzed anything else
- Magnesium glutamate
- Monopotassium glutamate
- Plant protein extract
- Sodium caseinate
- Soy sauce extract
- Textured protein
- Torula Yeast
- Umami
- Vetsin
- Yeast extract
- Yeast food
- Yeast nutrient
- Or anything enzyme modified

Ingredients That Usually Contain MSG (or MSG is created during their processing)

- Artificial flavors and flavorings



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- Barley malt
- Bouillon
- Brewer's yeast
- Broth
- Carageenan
- Citric acid, citrate
- Cornstarch
- Enzymes
- Enzyme modified ingredients
- Malt extract
- Malt flavoring
- Malted barley
- Maltodextrin
- Monoammonium glutamate
- Natrium glutamate
- Natural flavors and flavorings
- Oligodextrin
- Pectin
- Powdered milk
- Protease
- Protein-fortified ingredients
- Seasonings
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Soy sauce
- Spices
- Stock
- Ultra-pasteurized ingredients
- Whey protein
- Whey protein concentrate
- Whey protein isolate



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Unfortunately, this is not an exhaustive list. Regulations and bills constantly change and it is a good idea to generally stay away from processed foods. It is safe to say that MSG is truly one of the best hidden ingredients on the market.

According to Dr. Blaylock MD in *"The Taste That Kills"* - The FDA estimated that Americans consumed over 3,500 tons of NutraSweet in 1985. Over 100 million people use NutraSweet routinely. Headaches are the number one complaint of NutraSweet users. NutraSweet spent 60 million dollars in advertising in its first three years and played a major role in revitalizing what was then a stagnant soft drink industry. The Glutamate Association was formed to help keep MSG and NutraSweet on the market. They lobbied to reduce the labeling requirements on foods and to allow MSG to not have to be listed on the label unless it was pure MSG. However, spices, natural flavorings and flavorings can all contain from 30% to 60% MSG without disclosing it!

Changing our diet to eliminate excitotoxins takes will power and also skill in reading labels. One might also consider supplementation to help protect the brain from the cumulative affects of these excitotoxin poisons.

Foods to watch out for include:

Soybean milk (naturally high in glutamate / often has hydrolyzed vegetable protein added to it), kombu, miso, and soy sauces all contain MSG. There are many products that do not contain MSG, it is best to get familiar with local farmers, brands and manufacturers, ask questions!

Sources of MSG include:

MSG, Monosodium Glutamate, Hydrolyzed Vegetable Protein, Vegetable Protein, Hydrolyzed Plan Protein, Plant Protein Extract, Sodium Caseinate, Calcium Caseinate, Yeast Extract, Textured Protein, Autolyzed Protein, Autolyzed Yeast, and Hydrolyzed Oat Flour.



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Additives frequently containing MSG:

Malt extract, Malt Flavoring, Bouillon, Broth, Stock, Flavoring, Natural Flavoring, Natural Beef or Chicken Flavoring, Seasoning and Spices.

Additives that may contain MSG or Excitotoxins:

Carrageenan, Enzymes, Soy Protein Concentrate, Soy Protein Isolate, and Protein Concentrate. Protease enzymes of various sources can release excitotoxin amino acids from food proteins. MSG sensitive individuals can experience these symptoms within an hour of consuming only three grams.

MSG Side Effects:

- Stomach cramps
- Nausea/vomiting
- Diarrhea
- Migraine headaches
- Heart palpitations
- Rapid heartbeat
- Sharp rise in blood pressure
- Rapid drop in blood pressure
- Blurred vision
- Joint pain
- Stiffness in joints
- Achiness all over body
- Dizziness, & loss of balance
- Light headed
- Depression
- Frequent need to urinate
- A numbing or burning sensation in the mouth
- Swelling of the face
- Pain or tightness in the chest
- Shortness of breath