

HIDDEN SOURCES OF MSG

Food label descriptors 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 to any free glutamic acid that might be found in unadulterated, unfermented, food.

These ALWAYS contain MSG:

Glutamate	Textured protein
Monosodium glutamate	Yeast nutrient
Monopotassium glutamate	Yeast extract
Glutamic acid	Yeast food
Calcium caseinate	Autolyzed yeast
Sodium caseinate	Hydrolyzed protein (any protein that is hydrolyzed)
Gelatin	

These OFTEN contain MSG or create MSG during processing:

Malt-extract	Whey protein concentrate	Seasonings (the word "seasonings")
Malt flavoring	Pectin	Soy sauce
Barley Malt	Protease enzymes	Soy sauce extract
Bouillon	Enzymes	Soy protein
Stock	Protease	Soy protein isolate
Broth	Flavor(s) & flavoring(s)	Soy protein concentrate
Carrageenan	Natural flavor(s) & flavoring(s)	Anything Protein fortified
Maltodextrin	Natural pork flavoring	Anything Enzyme modified
Whey protein	Natural beef flavoring	Anything Ultra-pasteurized
Whey protein isolate	Natural chicken flavoring	Anything Fermented

By FDA definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe".

Disodium guanylate and disodium inosinate are expensive food additives that work synergistically with in-expensive MSG. They would probably not be used as food additives if there were no MSG present.

Also, low *fat* milk products often include milk solids that contain MSG.

MSG reactions have been reported to soaps, shampoos, hair conditions, and cosmetics, where MSG is hidden in ingredients that are "hydrolyzed" and in "amino acids."

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 non-prescription, enteral feeding materials and some fluids administered intravenously in hospitals, may 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.

**There are additional ingredients that appear to cause MSG reactions in ACUTELY sensitive people.
A list is available for those interested.**