

## Hidden Names for MSG

The following substances always contain factory created free glutamate, the harmful form found in MSG.

MSG	Gelatin	Calcium glutamate (E623)
Monosodium glutamate	Hydrolyzed Vegetable Protein (HVP)	Textured Protein
Monopotassium glutamate (E622)	Hydrolyzed Plant Protein (HPP)	Yeast Extract
Glutamate (E620)	Autolyzed Plant Protein	Yeast food or nutrient
Glutamic Acid (E620)	Sodium Caseinate	Autolyzed Yeast
Vegetable Protein Extract	Senomyx (wheat extract labeled as artificial flavor)	Any hydrolyzed protein
Calcium Caseinate	Sodium caseinate	Magnesium glutamate (E625)
Monoammonium glutamate (E624)	Soy protein, soy protein concentrate, soy protein isolate	Whey protein, whey protein isolate
Natrium glutamate	Ajinomoto	Vestin
Anything hydrolyzed or autolyzed		

The following substances often 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:

Malted Barley (flavor)	Natural Flavors, Flavors, Flavoring, seasonings	Citric Acid (when processed from corn), Citrate (E330)
Barley malt		"Low" or "No Fat" items
Malt Extract or Flavoring	Smoke flavoring	Dough Conditioners
Maltodextrin	Soy Sauce	Yeast Nutrients
Caramel Flavoring (coloring)	Soy Sauce Extract	Carrageenan (E407)
Stock	Wheat, rice, corn, or oat protein	Bouillon
Broth	Gluten and gluten flour or powder	Pectin (E440)
Amino acids (as in Bragg's liquid amino acids and chelated to vitamins)	Algae, phytoplankton, kombu extract, sea vegetables, wheat/barley grass powders, seaweed, alginate seaweed extract	Protein powders: whey, soy, oat, rice (as in protein bars shakes and body building drinks)
Natural Chicken, Beef, or Pork, Flavoring "Seasonings" (Most assume this means salt, pepper, or spices and herbs, which sometimes it is.)		

Ingredients suspected of containing enough processed glutamate to cause highly sensitive individuals to react:

High fructose corn syrup	Corn starch	Corn syrup
Fructose (from corn)	Modified food starch	Reduced fat milk (skim, 1%, 2%)
Spice	Caramel color or flavoring	Lecithin from soy
Lipolyzed butter fat	Dextrose	Rice syrup
Brown rice syrup	Milk powder –dry milk solids	Whey powder
Gums (guar, vegetable, xanthan)	Most low or no fat foods	Anything enriched or vitamin enriched
Corn syrup solids		

These substances work synergistically with MSG to enhance flavor. If they are present, so is MSG.

1	Protease, protease enzymes: When seen on label, have been used to break down proteins. Consequently, they create processed free glutamate. Look for words like "enzyme modified", "enzymes", "fermented protein", "protein fortified", or fortified anything (milk to shampoos).
2	Disodium 5' – guanylate (E627) Disodium 5' – inosinate (E631) Disodium 5' – ribonucleotides (E635)
3	Reaction flavors