

HIDDEN SOURCES OF MSG



These ALWAYS contain MSG

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

These OFTEN contain or create MSG:

Malt extract
Flavors(s) & Flavoring(s)
Malt flavoring
Natural flavor(s) & flavoring(s)
Barley malt
Natural pork flavoring
Bouillon
Natural beef/chicken flavoring
Stock/Broth
Seasonings (the word "seasonings")
Carrageenan
Soy sauce/soy sauce extract
Maltodextrin
Whey protein/Soy protein
Whey protein isolate/Soy protein isolate
Whey protein concentrate/Soy protein concentrat
Anything Protein fortified
Pectin
Anything Enzyme modified
Protease enzymes, Protease, Fungal protease,
Enzymes

Migraine Headache Sufferers



Do you drink diet soda or use aspartame containing sugar substitutes?

Do you eat in restaurants or eat processed foods at home?

Has your doctor told you that MSG triggers migraine headaches but hasn't told you where MSG is hidden?

Help could be on the way!

Consumers have flooded the FDA with reports of adverse reactions following ingestion of MSG (always found in flavor enhancers) and aspartame (a sugar substitute) also known as Equal, Sweet One, Spoonful, Benevia and in many brand named sweeteners including President's Choice.

MIGRAINE HEADACHE is the reaction most often reported to the FDA by people using aspartame and over 43 percent of those reporting for MSG.

Take the No Aspartame/No MSG Test by removing aspartame and MSG from your diet for one month.

IT'S FREE!

Neuroscientists have been warning us for years that consuming Neurotoxic Amino Acids (glutamic acid, aspartic acid and L-cysteine) places the consumer at risk. MSG is the name used for processed free GLUTAMIC ACID. Aspartame contains free ASPARTIC ACID along with other ingredients.

We now know that processed foods containing glutamic acid, aspartic acid and L-cysteine trigger stomach distress, nausea, and vomiting, depression, and a myriad of other drug reactions. We also know that these neurotoxic amino acids kill brain cells and cause obesity, reproductive and learning disorders in laboratory animals. There is growing concern among neuroscientists that the glutamic acid that we eat may cause or exacerbate neurodegenerative diseases such as ALS Parkinson's disease and Alzheimer's disease.

Reactions to MSG and aspartame are dose related. Some people react to even very small amounts while others only react to more. Reactions can occur immediately or up to 48 hours later.

Hidden MSG is not limited to use in food. MSG sensitive people have reported reactions to soaps, shampoos, hair conditioners and cosmetics that contain hidden MSG. The most common hiding places are in ingredients called "hydrolyzed protein" and "amino acids." Drinks, candy and chewing gum are also potential sources of hidden MSG and aspartame.

Aspartic acid, found in aspartame (NutraSweet) often causes MSG type reactions in MSG sensitive people. Binders and fillers for medications, nutrients, and supplements (prescription and non-prescription), including some fluids administered intravenously in hospitals, may contain MSG.

Reported Adverse Reactions to MSG

Cardiac

Arrhythmia
Numbness or paralysis
Seizures
Extreme rise or drop in blood pressure
Angina

Digestive

Diarrhea
Nausea/vomiting
Cramps/irritable bowel

Skin

Hives or rash
Mouth lesions
Temporary tightness/partial *paralysis*
Flushing
Extreme dryness of mouth

Visual

Blurred vision
Difficulty focusing

Circulatory

Swelling

Muscular

Joint pain
Flu-like achiness

Neurological

Depression
Dizziness
Loss of balance
Disorientation/confusion
Anxiety/panic attacks

Respiratory

Asthma
Shortness of breath
Chest pain/tightness
Runny nose/sneezing

Urological

Swelling of prostate
Nocturia

Suggested Reading:

1. In Bad Taste-The MSG Syndrome by George Schwartz, M.D., Health Press
2. Excitotoxins-The Taste That Kills by Russell Blaylock, M.D., Health Press
3. Aspartame (NutraSweet): Is it Safe? by H. 1. Roberts, M.D., Charles Press, Philadelphia

Additional free information:

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[http://www.tiac.net/users/Imgold/health/html/NOMSG, P0 Box 367, Sante Fe, NM 87504](http://www.tiac.net/users/Imgold/health/html/NOMSG,P0Box367,SanteFe,NM87504)

To help expose hidden MSG:

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ACCEPTABLE COSTS OF BUSINESS**