

Excitotoxins

Look for these on the label and never purchase a product which contains them

- Aspartame, aspartate
- Cysteine, cysteic acid
- Monosodium glutamate (MSG)

Additives that always contain MSG

- Monosodium glutamate
- Hydrolyzed vegetable protein; hydrolyzed protein
- Hydrolyzed plant extract
- Plant protein extract
- Sodium caseinate
- Yeast extract
- Texturized protein (including TVP)
- Autolyzed yeast
- Hydrolyzed oat flour
- Calcium caseinate
- Corn oil

Additives that frequently contain MSG

- Malt extract and malt flavoring
- Bouillon
- Stock
- Natural Flavoring Seasonings
- Malt flavoring
- Broth flavoring
- Natural beef or chicken flavoring
- Spices and seasonings

Food additives that may contain MSG or excitotoxins

- Carrageenan
- Enzymes
- Soy protein concentrate
- Soy protein isolate
- Whey protein concentrate