

# Happy Tums

## Beware of Food Additives ...always read labels before buying

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Compiled by Happy Tums

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### **E102 TARTRAZINE FD & C YELLOW NO 5**

Known to provoke asthma attacks and urticaria (nettle rash) in children. Also linked to thyroid tumours, chromosomal damage, urticaria (hives) and hyperactivity. Tartrazine sensitivity is also linked to aspirin sensitivity. Used to colour drinks, sweets, jams, cereals, snack foods, canned fish, and packaged soups. BANNED in Norway and Austria.

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### **E104 QUINOLINE YELLOW**

FD& C Yellow No 10; Used in lipsticks, hair products, colognes. Also used in a wide range of medications. Cause dermatitis. BANNED in USA and Norway.

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### **E107 YELLOW 7G, YELLOW COLOUR**

People who suffer asthma may also show an allergic reaction to it. Typical products are soft drinks. BANNED in Australia & USA.

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### **E110# SUNSET YELLOW FCF, ORANGE YELLOW S**

FD&C Yellow No 6; Used in cereals, bakery, sweets, snack foods, ice-cream, drinks and canned fish; synthetic; also in many medications including BEROCCA, POLARAMINE, VENTOLINE SYRUP. Side effects are urticaria (hives), rhinitis (runny nose), nasal congestion, allergies, hyperactivity, kidney tumours, chromosomal damage, abdominal pain, nausea and vomiting, indigestion, distaste for foods, and seen increased incidence of tumours in animals. BANNED in Norway.

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### **E122 AZORUBINE CARMOISINE**

Red colour, derived from coal tar. Can produce bad reactions in asthmatics and people allergic to aspirin. Typical products are confectionary, marzipan, jelly crystals. BANNED in USA, Sweden, Austria, and Norway.

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### **E123 AMARANTH, FD&C RED No 2**

Derived from the small herbaceous plant of the same name. Used in cake mixes, fruit-flavoured fillings, jelly crystals. Can provoke asthma, eczema and hyperactivity. It caused birth defects and foetal deaths in some animal tests, possibly cancer. BANNED in the USA, Russia, Austria, Norway and other countries.

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### **E 129 ALLURA RED AC, FD&C RED NO 40**

Orange-red colour used in sweets, drinks and condiments, medications and cosmetics, synthetic; introduced in the early eighties to replace amaranth which was considered un-safe due to conflicting test results. Allura red has also been connected with cancer in mice. BANNED in Denmark, France, Germany, Switzerland, Sweden, Austria, and Norway.

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### **E132# - INDIGOTINE, INDIGO CARMINE (FD&C BLUE NO 2)**

Commonly added to tablets and capsules; also used in ice-cream, sweets, baked goods, confectionary, biscuits, synthetic coal tar derivative; May cause nausea, vomiting high blood pressures, skin rashes, breathing problems and other allergic reactions. BANNED in Norway.

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### **E133 BRILLIANT BLUE FCF (FD&C BLUE DYE NO 1)**

Used in dairy products, sweets, and drinks, synthetic usually occurring as aluminium lake (solution) or ammonium salt; BANNED IN Belgium, France, Germany, Switzerland, Sweden, Austria, Norway.

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### **E142 GREEN S (GREEN COLOUR)**

Synthetic coal tar derivative. Used in canned peas, mint jelly and sauces, packet bread crumbs and cake mixes. BANNED in Sweden, USA, and Norway.

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### **E150(a) PLAIN CARAMEL**

Dark brown colour made from sucrose; the HACSG. Used in oyster, soy, fruit and canned sauces, beer, whiskey, biscuits, pickles. Recommends to AVOID it.

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### **E150 (b) CAUSTIC SULPHITE CARAMEL**

Refer to E150 (a).

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### **E150 (c) AMMONIA CARAMEL**

See E150(a)

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### **E150(d) SULPHITES AMMONIA CARAMEL**

Refer to E150 (a).

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### **E151 BRILLIANT BLACK BN**

Coal tar derivative. Used in brown sauces, blackcurrant cake mixes. BANNED in Denmark, Belgium, Germany, Sweden, Austria, USA, & Norway.

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### **E153# VEGETABLE CARBON**

Black colour, charcoal pigment. Used in jams, jelly crystals, liquorice; BANNED in the United States. Only the vegetable derived variety permitted in Australia.

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## **E154 BROWN FK**

BANNED in USA.

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## **E155 BROWN (CHOCOLATE) HT**

Brown colour, coal tar and azo dye. Used in chocolate cake mixes. Can produce bad reactions in asthmatics and people allergic to aspirin. Also known to induce skin sensitivity. BANNED in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria, USA, & Norway.

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## **E160# (b) ANNATTO**

Red colour; derived from a tree (*Bixa orellana*). Used as a body paint, fabric dye, digestive aid and expectorant. Used to dye cheese, butter, margarine, cereals, snack foods, soaps, textiles and varnishes. Known to cause urticaria (nettle rash).

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## **E160# (c) PAPRIKA EXTRACT, CAPSANTHIN, CAPSORUBIN**

BANNED in some countries.

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## **E173 ALUMINIUM**

BANNED in some countries. AVOID!

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## **E174 SILVER**

BANNED in some countries.... AVOID!

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## **E175 GOLD**

BANNED in some countries.....AVOID!

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## **E180 LATOLRUBINE BK**

BANNED in some countries. AVOID !

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## **E200 SORBIC ACID**

Either obtained from berries or synthesised from ketene. Possible skin irritant.

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## **E212 POTASSIUM**

People with a history of allergies may show allergic reactions. AVOID!

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## **E213 CALCIUM BENZOATE**

AVOID!

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## **E214 ETHYL P - HYDROXYBENZOATE**

BANNED in some countries.

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## **E215 SODIUM ETHY P - HYDROXYBENZOATE**

BANNED in some countries.

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## **E216 PROPYL P- HYDROXYBENZOATE**

AVOID!

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## **E217 SODIUM PROPYL P- HYDROXYBENZOATE**

BANNED in some countries. AVOID!

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## **E218 METHY P- HYDROXYBENZOATE**

Allergic reactions, mainly affecting the skin. AVOID!

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## **E219 SODIUM METHYL P- HYDROXYBENZOATE**

BANNED in some countries. AVOID!

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## **E220 SULPHUR DIOXIDE**

Derived from coal tar. All sulphur drugs are toxic and restricted in use; (in USA, FDA prohibits their use on raw fruits and vegetables), produced by combustion of sulphur or gypsum. Known to provoke asthma attacks and difficult to metabolise for those with impaired kidney function. Also destroys vitamin B1; typical products are beer, soft drinks, dried fruit, juices, cordials, wine, vinegar, potato products.

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## **E210# BENZOIC ACID**

Also known as flowers of benzoin, phenylcarboxylic acid, carboxybenzene. Added to alcoholic beverages, baked goods, cheeses, gum, condiments, frozen dairy, relishes, soft drinks, cordials, and sugar substitute. Also used in cosmetics, as an antiseptic in many cough medications and an anti fungal in ointment. Can cause asthma, especially in those dependant on steroid asthma medications. Is also reputed to cause neurological disorders and to react with sulphur bisulphite (E222). Shown to provoke hyperactivity in children. Obtained from Benzoin, a resin exuded by trees native Asia.

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## **E211 SODIUM BENZOATE**

Used as antiseptic, as a food preservative and to disguise taste, as of poor- quality food; (orange soft drinks contain a high amount of it, up to 25mg per 250ml). Also in milk and meat products, relishes and condiments, baked goods and lollies. Used in many oral medications including Actifed, Phenergan and Tylenol. Known to cause nettle rash and aggravate asthma.

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## **E221 SODIUM SULPHITE**

Decontaminating agent used in fresh orange juice.

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## **E222, E223, E224, E225, E226, E227, E 228**

BANNED in some countries. AVOID! ( see E220).

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## **E230 BIPHENYL, DIPHENYL**

BANNED in some countries. Can be used for agricultural purposes; typical products are citrus fruit.

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## **E231 ORTHOPHENYL PHENOL**

BANNED in some countries. Can be used for agricultural purposes; typical products are pears, carrots, peaches, plums, prunes, sweet potatoes, citrus fruit, pineapples, tomatoes, peppers, cherries, nectarines.

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## **E232 SODIUM ORTHOPHENYL PHENOL**

(refer to E231)

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## **E233 THIABENDAZOLE**

Can be used for agricultural purposes; typical products are citrus fruit, apples, pears, potatoes, banana, mushrooms, meat, & milk.

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## **E235 NATAMYCIN**

Mould inhibitor derived from bacteria; sometimes used medically to treat candidiasis. Can cause nausea, vomiting, anorexia, diarrhoea, and skin irritation. Typical products are meat and cheese.

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## **E236, E237, E238, E239**

BANNED in some countries. AVOID! AVOID!

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## **E249 POTASSIUM NITRITE**

Colour fixative and curing agent for meat. Nitrites can effect the body's ability to carry oxygen, resulting in shortness of breath, dizziness, and headaches; potential carcinogen. Not permitted in foods for infants and young children.

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## **E250 SODIUM NITRITE, E251 SODIUM NITRATE**

May provoke hyperactivity and other adverse reactions, potentially carcinogenic. Restricted in many countries. Can combine with chemicals in stomach to form nitrosamine.

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## **E252# POTASSIUM NITRATE**

May be derived from waste animal or vegetable matter. Used in gun powder, explosives and fertilisers, and in the preservation of meat. May provoke hyperactivity and other adverse reactions; potentially carcinogenic. Restricted in many countries. (see E249).

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## **E261 POTASSIUM ACETATE**

Food acid. Should be avoided by people with impaired kidney function. Typical products are sauces, & pickles.

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## **E264 AMMONIUM ACETATE**

Can cause nausea, vomiting and headaches.

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## **E270# LACTIC ACID**

Food acid, acidity regulator. Produced by heating and fermenting carbohydrates in milk whey, potatoes, cornstarch, or molasses. Difficult for babies to metabolise. Used in sweets, dressings, soft drinks, infant formulas and confectionary.

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## **E280 PROPIONIC ACID**

All propionates, are thought to be linked with migraine headaches. Produced when bacteria decompose fibre, commonly used in bread and flour products.

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## **E281 SODIUM PROPIONATE**

May be linked to migraines. Typical products are flour products.

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## **E282 CALCIUM PROPIONATE**

AVOID! (see E281)

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## **E283 POTASSIUM PROPIONATE**

AVOID ! (see E281)

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## **E310 PROPYL GALLATE**

Used to prevent rancidity in oily substances. Derived from nutgalls. May cause gastric or skin irritation. Gallates are not permitted in foods for infants and small children because of their known tendency to cause blood disorder, methaemoglobinemia. Used in oils, margarine, lard, and salad dressing, sometimes used in packaging.

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## **E311 OCTYL GALLATE, E312 DODECYL GALLATE**

(see E310)

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## **E319 TERT- BUTYL HYDRO QUINONE (TBHQ)**

Petroleum based. May cause nausea, vomiting, delirium. Typical products are fats, oils and margarine. A dose of 5g is considered fatal.

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## **E320 BUTYLATED HYDROXY-ANISOLE (BHT)**

Petroleum derivative, retards spoilage due to oxidation. Used in edible oils, chewing gums, fats, margarine, nuts, instant potato products, polyethylene food wraps. Not permitted in infant foods. Can provoke an allergic reaction in some people. May trigger hyperactivity and other intolerances; serious concerns over carcinogenicity and estrogenic effects. In large doses caused tumours in lab animals. BANNED in Japan in 1958, official committees of experts recommended that it be banned in the UK. However, due to industry pressure, it was not banned.

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## **E321, E325, E326, E327, E328, E329**

Derived from milk (lactic acid); May contain pork rennin or whey in process. Young children with lactose intolerance may show adverse reactions.

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## **E363 SUCCINIC ACID, E370**

### **1, 4 - HEPTONOLACTONE**

BANNED in some countries.

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## **E375 NIACIN**

Vitamin B3; naturally occurs in bean pea and other legumes, milk, eggs, meat, poultry, and fish. At doses in excess of 1,000mg per day can cause liver damage, diabetes, gastritis, eye damage and elevated blood levels of uric acid (which can cause gout). At amounts as low as 50-100 mg may cause flushing (harmless but painful), headache, and stomach-ache especially if taken on an empty stomach.

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## **E407 CARRAGEENAN**

A fire extracted from seaweed. It has recently been linked with cancer because it may become contaminated when ethylene oxide is added to an inferior product, this results in ethylene chlorohydrins forming, a highly carcinogenic compound. Linked to toxic hazards, including ulcers and cancer. The most serious concerns relate to degraded carragen, which is not permitted additive, native carrageen an, which is used, may become degraded in the gut.

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## **E420 SORBITOL**

Artificial sweetener and humectants; Derived from glucose, either obtained from berries or synthesised. Used in lollies, dried fruit, pastries, confectionary, low calorie foods, pharmaceutical syrups and ophthalmic preparations and is the seventh most widely used preservative in cosmetics. Not permitted in foods for infants and young children. Can cause gastric disturbance.

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## **E421 MANNITOL**

Artificial sweetener and humectants. Derived from seaweed or the manna ash tree. Possible allergen. Not permitted in infant foods due to it's ability to cause diarrhoea and kidney dysfunction, also may cause nausea, and vomiting. Typical products are low calorie foods.

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### **E422# GLYCEROL**

Can cause headaches, thirst and high blood sugar levels. Typical products are liquors, confectionary, dried fruit, low calorie foods.

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### **E432# POLYSORBATE 20**

BANNED in some countries.

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### **E434# POLYSORBATE 40**

BANNED in some countries.

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### **E440 (a) PECTIN**

Naturally occurring in the skins of apples. Used to thicken jams, jellies, and sauces. Large quantities may cause temporary flatulence or intestinal discomfort.

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### **E 441# GELATINE**

Possible allergen. May contain E220. Asthmatics and people allergic to sulphites BEWARE!

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### **E461 METHYL CELLULOSE**

Can cause flatulence, distention, intestinal obstruction.

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### **E 463 HYDROXYPROPYL CELLULOSE**

BANNED in some countries.

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### **E470# FATTY ACIDS SALTS**

BANNED in some countries.

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### **E474# SUCROGLYCERIDES**

BANNED in some countries.

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### **E483# STEARYL TARTRATE**

BANNED in some countries.

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### **E493#, E494#, E495#**

BANNED in some countries.

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### **E503 AMMONIUM CARBONATE**

Irritant to mucous membranes.

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### **E508 POTASSIUM CHLORIDE**

Can cause gastric ulceration.

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### **E 510 AMMONIUM CHLORIDE**

Should be avoided by people with impaired liver or kidney function. Typical products are flour products.

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### **E513 SULPHURIC ACID**

BANNED in some countries.

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### **E514, E524, E525, E527, E528, E530, E536, E 540 E541, E544, E545, E553 (a)**

ALL these have been BANNED in some countries.

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### **E553(b) TALC**

Has been linked to stomach cancer. Typical products are polished rice, chocolate, confectionary.

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### **E554 SODIUM ALUMINIUM SILICATE**

Used in salt, dried milk substitutes and flour. Aluminium is known to cause placental problems in pregnancy and has been linked to Alzheimer's.

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### **E576 SODIUM GLUCONATE**

BANNED in some countries.

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### **E620# GLUTAMIC ACID**

Flavour enhancer, salt substitute; amino acid present in many animal and vegetable proteins. Derived commercially from bacteria. Might cause problems as MSG (621). Young children should AVOID!

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### **E621 MONOSODIUM GLUTAMATE (MSG)**

Flavour enhancer derived from the fermentation of molasses, salt substitute. Adverse effects appear in some asthmatic people. Not permitted in foods for infants and young children. Typical products are canned vegetables, canned tuna, dressings, and many frozen foods.

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### **E622 MONOPOTASSIUM GLUTAMATE**

Can cause nausea, vomiting, diarrhoea, abdominal cramps. Typical products are low sodium salt substitutes.

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### **E626 GUANYLIC ACID , E 629 CALCIUM GUANYLATE, E633 CALCIUM INOSINATE**

May trigger gout.

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### **E635# DISODIUM RIBONUCLEOTIDE 5'-**

Maybe associated with itchy skin rashes up to 30 hours after indigestion. Rashes may vary from mild to dramatic is dose-related and cumulative, some individuals are more sensitive than others. Typical foods include flavoured chips, instant noodles, and party pies. BANNED in some countries.

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### **E901# BEESWAXES**

Glazing agent, used to wax fruit. See bee products; occasionally causes allergic reactions.

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### **E903 CAMAUBA WAX**

Derived from a South American palm. Used in cosmetics and inks, and to wax fruit. Can cause allergic reactions.

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### **E904# SHELLAC**

Derived from insects. Occasionally causes irritations of the skin.

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### **E905# PARAFFINS, MICROCRYSTALLINE WAX**

May inhibit absorption of fats and fat soluble vitamins, mild laxative. There may be link to bowel cancer. Used in sweets, in processing yeast, vitamin tablets, dried fruit, confectionary, collagen.

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### **E907# REFINED MICROCRYSTALLINE**

BANNED in some countries.

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### **E924 POTASSIUM BROMATE**

Large quantities can cause nausea, vomiting, diarrhoea, and pain. Typical products are flour products.

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## **E928 BENZOYL PEROXIDE**

Approved by FDA for bleaching the carotenoids in refined flours. Asthmatics and people with a history of allergies, BEWARE!

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## **E951# ASPARTAME**

Artificial sweetener. Too many adverse effects possible to list. Some people are allergic to aspartame, migraine and headaches a common reaction in these people.

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## **E952 CYCLAMIC ACID**

Calcium & sodium cyclamate, artificial sweetener. Known to cause migraines and other reactions. Can be carcinogenic. BANNED in US & UK due it's links with cancer.

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## **E954 SACCHARINES**

Calcium & sodium saccharin; artificial sweetener derived from toluene (a known carcinogen). BANNED in 1977 in the US, but reinstated subject to strict labelling stating: 'USE OF THIS PRODUCT MAY BE HAZARDOUS TO YOUR HEALTH. THIS PRODUCT CONTAINS SACCHARIN WHICH HAS BEEN DETERMINED TO CAUSE CANCER IN LABORATORY ANIMALS".

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## **E1520 PROPYLENE GLYCOL**

Humectants, wetting agents, dispersing agent, petroleum based. It's glycerine like taste has made it popular for children's medications and other elixirs. Used in many topical creams and ointments, cosmetics, hair products and deodorants. Has been linked with fatal heart attacks, central nervous system depression and cosmetic or pharmaceutical contact dermatitis.

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## **CASEIN**

Phosphoprotein of milk, which has a molecular structure that is extremely similar to that of gluten. AVOID, especially for celiac people.

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