

**Table 2: Names of common ingredients that contain processed free glutamic acid (MSG)<sup>1</sup> or create MSG during processing**

<b>Names of ingredients that always contain processed free glutamic acid:</b>	<b>Names of ingredients that often contain or produce processed free glutamic acid during processing:</b>	<b>The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:</b>
<p>Glutamic acid (E 620)<sup>2</sup>            Glutamate (E 620)            Monosodium glutamate (E 621)            Monopotassium glutamate (E 622)            Calcium glutamate (E 623)            Monoammonium glutamate (E 624)            Magnesium glutamate (E 625)            Natrium glutamate            Anything “hydrolyzed”            Any “hydrolyzed protein”            Calcium caseinate, Sodium caseinate            Yeast extract            Yeast food, Yeast nutrient            Autolyzed yeast            Gelatin            Textured protein            Whey protein            Whey protein concentrate            Whey protein isolate            Soy protein            Soy protein concentrate            Soy protein isolate            Anything “protein”            Anything “protein fortified”            Soy sauce            Soy sauce extract            Protease            Anything “enzyme modified”            Anything containing “enzymes”            Anything “fermented”            Vetsin            Ajinomoto            Umami</p>	<p>Carrageenan (E 407)            Bouillon and broth            Stock            Any “flavors” or “flavoring”            Maltodextrin            Citric acid, Citrate (E 330)            Anything “ultra-pasteurized”            Barley malt            Pectin (E 440)            Malt extract            Seasonings</p>	<p>Corn starch            Corn syrup            Modified food starch            Lipolyzed butter fat            Dextrose            Rice syrup            Brown rice syrup            Milk powder            Reduced fat milk (skim; 1%; 2%)            most things “low fat” or “no fat”            anything “enriched”            anything “vitamin enriched”            anything “pasteurized”            Annatto            Vinegar            Balsamic vinegar</p> <p>Amino acid chelate</p> <p>Citrate, aspartate, and glutamate used as chelating agents with mineral supplements.</p>
<p>(1) Glutamic acid found <b>in unadulterated protein</b> does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.</p>		
<p>(2) E numbers are use in Europe in place of food additive names.</p>		