

# ADDITIVES



**THAT CAUSE...**

## HYPERACTIVITY

## ASTHMA

## CANCER



# **FOOD ADDITIVES THAT CAUSE HYPERACTIVITY**

## **102 & E102 Tartrazine**

Artificial colouring. Common name for uncertified FD&C Yellow; No.5 CI Acid Yellow; Acid Yellow 23; CI Food Yellow 4; Coal Tar Dye; Pyrazolone Dye. Tartrazine is an Aromatic Hydrocarbon. Causes cancer. The FDA states that over 100,000 people are allergic to tartrazine. U.K. studies have shown that 79% of hyperactive children are allergic to tartrazine. It is believed to cause allergic reactions in 15% of the total population. Known effects are urticaria, asthma, altered states of perception and behaviour, uncontrolled hyper agitation and confusion. Known reactions are rhinitis (hay fever), bronchospasms (breathing problems), blurred vision and purple patches on the skin. It may also cause wakefulness in young children at night. Tartrazine is known to inhibit zinc metabolism (zinc is required in over 200 enzyme systems in the body). It is an active ingredient in herbicides used to kill aquatic weeds. In 1986 the 'British Institute of Mental Handicap' linked it with aggressive behaviour in children. Prevents the action of an enzyme that breaks down many potentially harmful toxins formed during digestion. Tartrazine is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The British Medical Journal, the "Lancet", lists these problems associated with tartrazine:- Allergies; Thyroid Tumours; Lymphocytic Lymphomas, Chromosomal Damage; Trigger for Asthma; Urticaria; Hyperactivity. As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.)

***Tartrazine is completely banned from foods in Norway and Finland and is heavily restricted in Austria, Sweden and Germany.***

## **104 & E104 Quinoline Yellow**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Causes asthma, rashes and hyperactivity. Aspirin sensitive people must avoid it. The 'Lancet' lists contact dermatitis as being a major problem. Known to be carcinogenic.

***Quinoline Yellow is banned in the U.S.A., Japan and Norway.***

## **107 & E107 Yellow 2G**

Artificial colouring. Also called CI Acid Yellow 17 or CI Food Yellow 5. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Coal Tar Dye. Causes hyperactivity and skin rash. People who suffer from asthma and who are sensitive to aspirin will show allergic reactions. Enlarges the kidneys.

***Not permitted in Australia since 1992. Banned in the U.S.A., Austria, Belgium, France, Norway, Sweden, Switzerland, Germany and Japan.***

## **110 & E110 Sunset Yellow FCF (Yellow No.6)**

Artificial colouring. Also called FD & C Yellow No.6; CI Food Yellow 3. Causes cancer. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Aspirin sensitive people will incur allergies to Sunset Yellow. It produces urticaria, angi-oedema (swelling of the blood vessels), gastric upset, and vomiting. Dangerous to asthmatics and causes hyperactivity and ADD. Should be avoided by those suffering from rhinitis. One in 1000 are allergic to Sunset Yellow. It is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The 'Lancet' list these problems associated with Sunset Yellow: hives; rhinitis; nasal congestion; bronchoconstriction; when combined with Amaranth

[123] or Ponceau [124], it may cause an anaphylactoid reaction; eosinophilic response; purpura; allergies; kidney tumours; chromosomal damage; abdominal pain; indigestion and distaste for food.

(Dogs fed 2% suffered eye defects, sometimes causing blindness. Caused an increased incidence of tumours in animals. Growth retardation and weight loss was experienced.

***Completely banned in U.K., Norway, Finland and Sweden***

### **120 & E120 Carmines or Cochineal (Carminic Acid)**

Artificial red-pink colour consisting of the dried, pulverised bodies of certain female, cactus eating insects. People with hyperactivity, asthma and those sensitive to aspirin should avoid cochineal! Carries salmonella organisms. Dangerous to embryos. Dangerous for people suffering from rhinitis and urticaria. Cochineal Red A is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin.

### **122 & E122 Azorubine, Carmoisine**

Artificial colouring. Also called CI Acid Red 14; CI Food Red 3. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. Produces adverse reactions in asthmatics and aspirin sensitive people. Causes hyperactivity, urticaria and oedema.

***Banned in the USA, Norway, Sweden and Japan***

### **123 & E123 Amaranth (Red No.2)**

Artificial colouring. Also called FD&C Red No.2; CI Acid Red No.27; CI Food Red 9. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Used as a dye for the skin of unripe oranges and can cause death if eaten. Child-bearing women should avoid this colour. Provokes eczema and is harmful to asthmatics and rhinitis sufferers. Amaranth causes hyperactivity. Reacts with Vitamin A and causes liver damage. Angi-oedema, pruritis, urticaria and bronchoconstriction are the result in some cases. A TERATOGEN - can cause birth defects and foetal deaths. Amaranth is a carcinogen.

***Banned in USA in 1976. Banned in Russia, Norway, Sweden and Japan.***

### **124 & E124 Brilliant Scarlet, Ponceau 4R**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Dangerous for people suffering from rhinitis and urticaria. People with hyperactivity, asthma and those sensitive to aspirin should avoid it. One in 1000 are allergic to Ponceau.

***Banned in USA in 1976 as a carcinogen. Banned in Canada, Norway, Sweden and Japan.***

### **127 & E127 Erythrosine (Red No.3)**

Artificial colouring. Also called FD&C Red No.3; CI Acid Red No.51; CI Food Red 14. Xanthene Dye is MUTAGENIC and CARCINOGENIC. Coal Tar Dye. Polycyclic Aromatic Hydrocarbon. Hyperactivity and asthma can be caused by Erythrosine. Hyperactivity, asthma and allergies are triggered. Causes rashes, cancer, and damage to genes. Increases thyroid hormone levels. Phototoxicity (sensitivity to light) and learning difficulties. The 'Lancet' lists these reactions: bronchoconstriction, sequential vascular response, elevated protein-bound iodine, thyroid tumours and chromosomal damage.

***Banned in Norway***

### **E128 Red 2G**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid Red 2G. Causes gene damage and damage to the unborn child. Skin rash and anaemia. Carcinogenic.

***Banned in USA, Austria, Belgium, Switzerland, Germany, Japan, New Zealand and Australia.***

### **129 & E129 Allura Red AC**

Artificial colouring. Coal Tar Dye. Also called FD&C No.40). An allergen in allergic skin conditions. Increases heart rate and is implicated in behavioural problems. Should be avoided by those suffering from asthma, rhinitis and urticaria. Tumours and lymphomas can result from consuming Allura Red.

***Banned in Austria, Norway and Finland. Prohibited throughout the EEC.***

### **E131 Patent Blue V**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Immediate allergic reactions may occur - skin sensitivity, itching or urticaria. Sometimes shock, and breathing problems can occur. Nausea, low blood pressure and tremors. Dangerous to asthmatics and causes hyperactivity. CARCINOGENIC.

***Banned in the USA, Norway, Japan, New Zealand and Australia.***

### **132 & E132 Indigotine, Indigo Carmine**

Synthetic Coal Tar Dye. Also called FD&C Blue No.2. a sensitiser in allergic people. Causes asthma, skin rashes, hyperactivity, nausea, vomiting, high blood pressure and cancer. Brain tumours, bronchoconstriction can result from consuming E 132.

***Banned in Norway***

### **133 & E133 Brilliant Blue FCF**

Artificial colouring. Also called CI Acid Blue 2; CI Pigment Blue 24; FD&C No.1. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Triphenylmethane Dye. 14% are allergic to this dye. Hyperactivity and skin allergies. Should not be consumed by young children or infants. Highly CARCINOGENIC.

***Banned in the British Commonwealth 1972-1980, Austria, Belgium, France, Norway, Sweden, Switzerland and Germany.***

### **142 & E142 Food Green S**

Artificial colouring. Synthetic Coal Tar Dye. Also known as Green BS - Acid Brilliant; CI Acid Green 50; CI Food Green 4. Causes asthma, rashes and hyperactivity. Is a MUTAGEN

***Banned in the USA, Canada, Norway, Sweden and Japan.***

### **150 & E150 Caramel**

(E150a - Plain Caramel; E150b - Caustic Sulphite Caramel; E150c - Ammonia Caramel; E150d - Sulphite Ammonia Caramel). Flavouring made from sucrose. Causes damage to some genes, slows down growth, causes enlargement of kidneys and intestines and may destroy Vitamin D. Can cause convulsions. Causes Vitamin B6 deficiencies. TERATOGENIC and CARCINOGENIC. Causes hyperactivity. Is a neurotoxic hazard.

### **151 & E151 Brilliant Black BN**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Brilliant Black is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin.

***Banned in the USA, Canada, Japan, Norway and Sweden.***

### **E154 Brown FK, Kipper Brown, Food Brown**

Synthetic mixture of six Azo dyes and sodium chloride or sodium sulphate. It is implicated in bladder cancer, liver cancer and sarcoma. Causes genetic mutation. Hyperactive, asthmatic and

aspirin sensitive people must avoid it. Causes rashes, cancer and damages genes. Crosses the placental barrier.

***Banned in all EEC countries except the UK, Austria, Switzerland, USA, Sweden New Zealand and Australia.***

### **155 & E155 Brown HT, Chocolate Brown**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Hyperactive children are highly likely to react to this colouring. Causes cancer, asthma and skin rashes. Can cross the placental barrier. Is TERATOGENIC, MUTAGENIC and CARCINOGENIC! Highly hazardous.

***Banned in the USA, Austria, Belgium, Denmark, France, Norway, Sweden, Switzerland, Germany and Japan.***

### **160b & E160b Annatto Extracts**

Yellow/orange (peach) artificial colour. Also called Bixin or Norbixin. Also used as an astringent, antioxidant, emollient, antibacterial and expectorant. 26% of all people with allergies will react to this compound. Implicated in asthma (contains salicylic acid - block the formation of prostaglandins) and hyperactivity. Can cause many reactions even in healthy people. Used to colour frankfurters, baked goods, margarine etc.

### **E180 Pigment Rubine, Latol Rubine**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Causes asthma, hyperactivity and rashes. Is a known CARCINOGEN.

***Banned in New Zealand and Australia***

### **200 & E200 Sorbic Acid**

Used as a preservative and fungicide. Extracted from some fruits - made synthetically from ketene. Used to extend the shelf life of cheese, chickens, beverages etc. Prevents the growth of mould. Causes asthma, rashes and hyperactivity. Listed as an allergen by the National Institute of Health Science. Causes CANCER.

### **210 & E210 Benzoic Acid**

Artificial sweetener, preservative, flavour, anti-bacterial and antifungal. Irritant to the skin, eyes and mucous membranes. Can cause gastro-intestinal disorders. Asthmatics, hyperactives and people with rhinitis will react to Benzoic Acid. When consumed with sodium bisulphite (another preservative) causes neurological disorders. The 'Lancet' reports that 79% of children react adversely. Growth retardation, brain damage, ataxia and convulsions may result.

### **211 & E211 Sodium Benzoate**

Preservative, anti-bacterial and antifungal. Also called Sodium Salt of Benzoic Acid; Salt of Benzoic Acid. People who are allergic to aspirin should not use it. Causes hyperactivity and temporarily inhibits digestive enzymes. Triggers asthma, rhinitis or urticaria. Used in many oral medications such as Tylenol, Axtifed and Phenergan. Commonly found in soft drinks, wine coolers, mouth washes, tooth pastes, salsas, margarine and maple syrup. Also a corrosion inhibitor in automotive's cooling systems. Causes neurotoxic problems. Listed as a TERATOGEN and CARCINOGEN.

### **220 & E220 Sulphur Dioxide**

Preservative, antioxidant, bleaching agent and bacterial inhibitor. Increases uric acid, albumin in the urine, destruction of blood corpuscles, anaemia, gas, inflammation of the mucous membranes, headache, backache and nausea. Known to cause hyperactivity, asthma and rhinitis. Destroys Vitamin B1. Found in many beverages including wine. Difficult to metabolise and impair kidney function. Should be avoided by people with conjunctivitis, bronchitis, emphysema, bronchial asthma or cardiovascular disease. Is a TERATOGEN.

### **E228 Potassium Hydrogen Sulphite**

Commonly used in beer and wine as a preservative. Must be avoided by hyperactive people and asthmatics. Destroys Vitamin B. Causes changes to genetic material. Causes considerable damage to the digestive system and many other organs.

### **250 & E250 Sodium Nitrite**

Artificial colour, preservative, colour fixative, flavour and mineral salt. A TERATOGEN! Immediate human reactions are moderate to severe arthritis, hyperactivity and asthma. Prohibited in foods for children or babies! Destroys Vitamins A,C and E (required by our body as antioxidants.) Combines with other compounds in the body to form nitrosamines which are known as..."THE MOST POTENT CANCER CAUSING AGENT KNOWN TO SCIENCE"!

### **251 & E251 Sodium Nitrate**

Artificial colour, preservative, colour fixative, flavour and mineral salt. Is a CARCINOGEN. Causes asthma and hyperactivity. Especially dangerous for children and infants. High human toxicity.

### **252 & E252 Potassium Nitrite**

Preservative, colour fixative, flavour and mineral salt. Converts to nitrosamines in the body (known as..."THE MOST POTENT CANCER CAUSING AGENT KNOWN TO SCIENCE"! Interferes with the oxygen carrying capacity of red blood cells. Causes hyperactivity.

### **282 & E282 Calcium Propionate**

Preservative and mould and rope inhibitor in bread. Occurs naturally in Swiss cheese. Migraine headaches and upper gastrointestinal disturbances can occur. ADD children can become aggressive and hyperactive. Causes learning difficulties and constant fatigue. A string irritant, linked with gall bladder challenges.

### **319 & E319 Tert-Butylhydroquinone**

Antioxidant. Death has been reported from consuming 5 grams. Causes nausea, vomiting, clouding of the eye lens, tinitis, delirium and collapse. Hyperactive people should not take this substance. Not permitted in food for children.

### **320 & E320 Butylated Hydroxyanisole (BHA)**

Antioxidant, defoamer, stabiliser, preservative and pesticide. Derived from Coal Tar. A widely used agent but is CARCINOGENIC. Raises the lipid and cholesterol levels in the blood. Induces the formation of metabolising enzymes in the liver causing break-down of Vitamin D. Causes hyperactivity and is not permitted in food for children. Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing, rashes and cancer. Forms MUTAGENS in the body. Inhibits smooth muscle contractions.

***Banned in Japan, UK and Austria***

### **321 & E321 Butylated Hydroxytoluene (BHT)**

Antioxidant derived from Coal Tar Dye. Causes CANCER! Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing and rashes. Linked with reproductive failure. Can be leached into food through polyethylene food wrap. Is listed as a TERATOGEN! (McDonalds eliminated BHT from their foods in 1986).

***Banned in Sweden, England, Rumania, Austria and Japan.***

### **421 & E421 Mannitol**

Humectant, artificial sweetener base, bulking agent, sweetener and base for essences. A sugar alcohol. Causes diarrhoea, nausea and vomiting. Kidney dysfunction. Not permitted in foods for infants. Causes hyperactivity.

### **621 & E621 Monosodium L-Glutamate (MSG)**

Flavour enhancer, flavour and antioxidant. Is an EXCITOTOXIN. Causes gas, abdominal discomfort, distension, numbness, general weakness, palpitations, cold sweats, tightness in the head. Face swelling, skin disfiguration. Pregnant women should avoid all MSG. Affects 59% of all hyperactive children. Causes vascular disturbances at all ages. MSG is a TERATOGEN and a CARCINOGEN!

### **627 & E627 Disodium Guanylate**

Synthetic flavour enhancer. Also called Sodium Salt of 5'-Guanylic Acid. Prohibited for use in baby foods. Reacts as MSG. Hyperactive people and asthmatics should avoid this substance.

### **951 & E951 Aspartame**

Artificial sweetener. Also called Nutrisweet. An excitotoxin that causes severe neurological damage, especially in children. Breaks down in the human body to Phenylalanine (neurotoxic and causes seizures), Aspartic Acid (damages the developing brain) and Methanol (turns into formaldehyde). Spreads throughout all vital organs. **CROSSES THE PLACENTAL BARRIER** - even in small doses. Causes blindness and other eye problems. There are 85 documented symptoms associated with Aspartame - headaches, nausea, muscle spasms, hearing loss, tinnitus, irritability, heart palpitations, loss of taste, dizziness, weight gain, rashes, insomnia, memory loss, hyperactivity, blurred vision, blindness, slurred speech, depression (mild to suicidal), mood changes, anxiety attacks, seizures, joint pain, menstrual irregularities, arrhythmia, oedema, asthma etc. Aspartame triggers or mimics Chronic Fatigue Syndrome, ADD, ALS, Alzheimer's, EMS, Epilepsy, Epstein-barr, Fibromyalgia, Graves, Hypothyroidism, Mercury Sensitivity, Lyme Disease, Lupus, Menier's Disease, Multiple Sclerosis, Non-Hodgkins Lymphoma, Post-Polio Syndrome. **EXTREMELY TOXIC!**

### **Other Food Additives That Cause Hyperactivity**

Caffeine (*Coffee, Cola drinks, Chocolate etc*) Caffeine is listed as a Teratogen and definitely mutagenic.  
Carminic acid  
Coloured fish (*Yellow, Pink, Brown*)  
Disodium Guanylate  
Hydrolysed vegetable protein  
Monosodium glutamate (*MSG - 621*) The H.A.C.S.G. database at Surrey University showed that 59% of hyperactive children were affected by this substance.  
Sulphites  
Swiss cheese (calcium propionate)

All foods that contain any **artificial colouring** or **flavours** should also be avoided, even if not listed above.

**COLOURS** A six week open trial involving 200 children, conducted by the Royal Children's Hospital, Melbourne found that 150 parents reported behavioural improvement in their children when they followed a diet free of synthetic food colouring. These parents also report that behaviour deteriorated when colouring was re-introduced to the diet.

**FLAVOURS** The H.A.C.S.G. database at Surrey University showed that 71% of hyperactive children were affected by flavouring.

**SULPHITES** (Sulphur dioxide, Sodium Sulphite, Sodium and Potassium bisulphite and Sodium and Potassium Metabisulphite) Sulphites are used as preservatives and antioxidants. They mask the smell of deteriorating meat and give it a fresh-meat redness. The American Food and Drug Administration has identified at least a dozen fatalities amongst asthmatics that they link to sulphites. They have estimated that one in every hundred people are sulphite-sensitive and that five percent of all asthmatics are sensitive.

Sulphites may cause rashes, hyperactivity, trigger loss of consciousness, anaphylactic shock, diarrhoea, nausea and vomiting. Commonly found in commercially cooked chips.

### **Foods Implicated In Hyperactive Reactions**

Diets high in sugar, refined foods, additives and colours are of particular concern to hyperactive people.

With up to 5 percent of Australian children under 18 being affected by some form of hyperactivity it is prudent to eliminate as many possibly harmful things from the diet as possible.

### **The following foods contain natural salicylates:**

Almonds, Apples (cider/cider vinegar), Apricots, Blackberries, Boysenberries, Gooseberries, Raspberries, Strawberries, Cherries, Coffee, Cola, Corn, Currants, Grapes, and any products made from grapes e.g., Wine, Wine vinegar etc., Green peppers, Mint, Raisins, Nectarines, Oranges, Peaches, Plums, Prunes, Tangerines, Tea, Tomatoes and tomato products e.g. sauce, Cucumbers (pickles).

### **High Salicylate content foods:**

Curry powder, Dill, Oregano, Paprika, Thyme and Turmeric.

# **FOOD ADDITIVES THAT CAUSE ASTHMA**

## **102 & E102 Tartrazine**

Artificial colouring. Common name for uncertified FD&C Yellow; No.5 CI Acid Yellow; Acid Yellow 23; CI Food Yellow 4; Coal Tar Dye; Pyrazolone Dye. Tartrazine is an Aromatic Hydrocarbon. Causes cancer. The FDA states that over 100,000 people are allergic to tartrazine. U.K. studies have shown that 79% of hyperactive children are allergic to tartrazine. It is believed to cause allergic reactions in 15% of the total population. Known effects are urticaria, asthma, altered states of perception and behaviour, uncontrolled hyper agitation and confusion. Known reactions are rhinitis (hay fever), bronchospasms (breathing problems), blurred vision and purple patches on the skin. It may also cause wakefulness in young children at night. Tartrazine is known to inhibit zinc metabolism (zinc is required in over 200 enzyme systems in the body). It is an active ingredient in herbicides used to kill aquatic weeds. In 1986 the 'British Institute of Mental Handicap' linked it with aggressive behaviour in children. Prevents the action of an enzyme that breaks down many potentially harmful toxins formed during digestion. Tartrazine is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The British Medical Journal, the "Lancet", lists these problems associated with tartrazine:- Allergies; Thyroid Tumours; Lymphocytic Lymphomas, Chromosomal Damage; Trigger for Asthma; Urticaria; Hyperactivity. As

an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.)

***Tartrazine is completely banned from foods in Norway and Finland and is heavily restricted in Austria, Sweden and Germany.***

#### **104 & E104 Quinoline Yellow**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Causes asthma, rashes and hyperactivity. Aspirin sensitive people must avoid it. The 'Lancet' lists contact dermatitis as being a major problem. Known to be carcinogenic.

***Quinoline Yellow is banned in the U.S.A., Japan and Norway.***

#### **107 & E107 Yellow 2G**

Artificial colouring. Also called CI Acid Yellow 17 or CI Food Yellow 5. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Coal Tar Dye. Causes hyperactivity and skin rash. People who suffer from asthma and who are sensitive to aspirin will show allergic reactions. Enlarges the kidneys.

***Not permitted in Australia since 1992. Banned in the U.S.A., Austria, Belgium, France, Norway, Sweden, Switzerland, Germany and Japan.***

#### **110 & E110 Sunset Yellow FCF (Yellow No.6)**

Artificial colouring. Also called FD & C Yellow No.6; CI Food Yellow 3. Causes cancer. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Aspirin sensitive people will incur allergies to Sunset Yellow. It produces urticaria, angi-oedema (swelling of the blood vessels), gastric upset, and vomiting. Dangerous to asthmatics and causes hyperactivity and ADD. Should be avoided by those suffering from rhinitis. One in 1000 are allergic to Sunset Yellow. It is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The 'Lancet' list these problems associated with Sunset Yellow: hives; rhinitis; nasal congestion; bronchoconstriction; when combined with Amaranth [123] or Ponceau [124], it may cause an anaphylactoid reaction; eosinophilic response; purpura; allergies; kidney tumours; chromosomal damage; abdominal pain; indigestion and distaste for food.

(Dogs fed 2% suffered eye defects, sometimes causing blindness. Caused an increased incidence of tumours in animals. Growth retardation and weight loss was experienced.

***Completely banned in U.K., Norway, Finland and Sweden***

#### **120 & E120 Carmines or Cochineal (Carminic Acid)**

Artificial red-pink colour consisting of the dried, pulverised bodies of certain female, cactus eating insects. People with hyperactivity, asthma and those sensitive to aspirin should avoid cochineal! Carries salmonella organisms. Dangerous to embryos. Dangerous for people suffering from rhinitis and urticaria. Cochineal Red A is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin.

#### **122 & E122 Azorubine, Carmoisine**

Artificial colouring. Also called CI Acid Red 14; CI Food Red 3. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. Produces adverse reactions in asthmatics and aspirin sensitive people. Causes hyperactivity, urticaria and oedema.

***Banned in the USA, Norway, Sweden and Japan***

#### **123 & E123 Amaranth (Red No.2)**

Artificial colouring. Also called FD&C Red No.2; CI Acid Red No.27; CI Food Red 9. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Polycyclic Aromatic

Hydrocarbon - (listed as human carcinogens by the EPA). Used as a dye for the skin of unripe oranges and can cause death if eaten. Child-bearing women should avoid this colour. Provokes eczema and is harmful to asthmatics and rhinitis sufferers. Amaranth causes hyperactivity. Reacts with Vitamin A and causes liver damage. Angi-oedema, pruritis, urticaria and bronchoconstriction are the result in some cases. A TERATOGEN - can cause birth defects and foetal deaths. Amaranth is a carcinogen.

***Banned in USA in 1976. Banned in Russia, Norway, Sweden and Japan.***

#### **124 & E124 Brilliant Scarlet, Ponceau 4R**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Dangerous for people suffering from rhinitis and urticaria. People with hyperactivity, asthma and those sensitive to aspirin should avoid it. One in 1000 are allergic to Ponceau.

***Banned in USA in 1976 as a carcinogen. Banned in Canada, Norway, Sweden and Japan.***

#### **127 & E127 Erythrosine (Red No.3)**

Artificial colouring. Also called FD&C Red No.3; CI Acid Red No.51; CI Food Red 14. Xanthene Dye is MUTAGENIC and CARCINOGENIC. Coal Tar Dye. Polycyclic Aromatic Hydrocarbon. Hyperactivity and asthma can be caused by Erythrosine. Hyperactivity, asthma and allergies are triggered. Causes rashes, cancer, and damage to genes. Increases thyroid hormone levels. Phototoxicity (sensitivity to light) and learning difficulties. The 'Lancet' lists these reactions: bronchoconstriction, sequential vascular response, elevated protein-bound iodine, thyroid tumours and chromosomal damage.

***Banned in Norway***

#### **E128 Red 2G**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid Red 2G. Causes gene damage and damage to the unborn child. Skin rash and anaemia. Carcinogenic.

***Banned in USA, Austria, Belgium, Switzerland, Germany, Japan, New Zealand and Australia.***

#### **129 & E129 Allura Red AC**

Artificial colouring. Coal Tar Dye. Also called FD&C No.40). An allergen in allergic skin conditions. Increases heart rate and is implicated in behavioural problems. Should be avoided by those suffering from asthma, rhinitis and urticaria. Tumours and lymphomas can result from consuming Allura Red.

***Banned in Austria, Norway and Finland. Prohibited throughout the EEC.***

#### **E131 Patent Blue V**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Immediate allergic reactions may occur - skin sensitivity, itching or urticaria. Sometimes shock, and breathing problems can occur. Nausea, low blood pressure and tremors. Dangerous to asthmatics and causes hyperactivity. CARCINOGENIC.

***Banned in the USA, Norway, Japan, New Zealand and Australia.***

#### **132 & E132 Indigotine, Indigo Carmine**

Synthetic Coal Tar Dye. Also called FD&C Blue No.2. a sensitiser in allergic people. Causes asthma, skin rashes, hyperactivity, nausea, vomiting, high blood pressure and cancer. Brain tumours, bronchoconstriction can result from consuming E 132.

***Banned in Norway***

#### **133 & E133 Brilliant Blue FCF**

Artificial colouring. Also called CI Acid Blue 2; CI Pigment Blue 24; FD&C No.1. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Triphenylmethane Dye. 14% are allergic to this dye. Hyperactivity and skin allergies. Should not be consumed by young children or infants. Highly CARCINOGENIC.

***Banned in the British Commonwealth 1972-1980, Austria, Belgium, France, Norway, Sweden, Switzerland and Germany.***

#### **142 & E142 Food Green S**

Artificial colouring. Synthetic Coal Tar Dye. Also known as Green BS - Acid Brilliant; CI Acid Green 50; CI Food Green 4. Causes asthma, rashes and hyperactivity. Is a MUTAGEN ***Banned in the USA, Canada, Norway, Sweden and Japan.***

#### **151 & E151 Brilliant Black BN**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Brilliant Black is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin.

***Banned in the USA, Canada, Japan, Norway and Sweden.***

#### **E154 Brown FK, Kipper Brown, Food Brown**

Synthetic mixture of six Azo dyes and sodium chloride or sodium sulphate. It is implicated in bladder cancer, liver cancer and sarcoma. Causes genetic mutation. Hyperactive, asthmatic and aspirin sensitive people must avoid it. Causes rashes, cancer and damages genes. Crosses the placental barrier.

***Banned in all EEC countries except the UK, Austria, Switzerland, USA, Sweden New Zealand and Australia.***

#### **155 & E155 Brown HT, Chocolate Brown**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Hyperactive children are highly likely to react to this colouring. Causes cancer, asthma and skin rashes. Can cross the placental barrier. Is TERATOGENIC, MUTAGENIC and CARCINOGENIC! Highly hazardous.

***Banned in the USA, Austria, Belgium, Denmark, France, Norway, Sweden, Switzerland, Germany and Japan.***

#### **160b & E160b Annatto Extracts**

Yellow/orange (peach) artificial colour. Also called Bixin or Norbixin. Also used as an astringent, antioxidant, emollient, antibacterial and expectorant. 26% of all people with allergies will react to this compound. Implicated in asthma (contains salicylic acid - block the formation of prostaglandins) and hyperactivity. Can cause many reactions even in healthy people. Used to colour frankfurters, baked goods, margarine etc.

#### **E180 Pigment Rubine, Latol Rubine**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Causes asthma, hyperactivity and rashes. Is a known CARCINOGEN.

***Banned in New Zealand and Australia***

#### **200 & E200 Sorbic Acid**

Used as a preservative and fungicide. Extracted from some fruits - made synthetically from ketene. Used to extend the shelf life of cheese, chickens, beverages etc. Prevents the growth of mould. Causes asthma, rashes and hyperactivity. Listed as an allergen by the National Institute of Health Science. Causes CANCER.

#### **210 & E210 Benzoic Acid**

Artificial sweetener, preservative, flavour, anti-bacterial and antifungal. Irritant to the skin, eyes and mucous membranes. Can cause gastro-intestinal disorders. Asthmatics, hyperactives and people with rhinitis will react to Benzoic Acid. When consumed with sodium bisulphite (another preservative) causes neurological disorders. The 'Lancet' reports that 79% of children react adversely. Growth retardation, brain damage, ataxia and convulsions may result.

### **211 & E211 Sodium Benzoate**

Preservative, anti-bacterial and antifungal. Also called Sodium Salt of Benzoic Acid; Salt of Benzoic Acid. People who are allergic to aspirin should not use it. Causes hyperactivity and temporarily inhibits digestive enzymes. Triggers asthma, rhinitis or urticaria. Used in many oral medications such as Tylenol, Axtifed and Phenergan. Commonly found in soft drinks, wine coolers, mouth washes, tooth pastes, salsas, margarine and maple syrup. Also a corrosion inhibitor in automotive's cooling systems. Causes neurotoxic problems. Listed as a TERATOGEN and CARCINOGEN.

### **212 & E212 Potassium Benzoate**

Preservative, anti-bacterial and antifungal. Also called Potassium Salt of Benzoic Acid. Causes urticaria. Asthmatics are sensitive to this preservative. Commonly found in soft drink, diet drinks, wine coolers, mouth washes, tooth pastes, salsas, margarine and maple syrup. Depletes the body of glycine (an important amino-acid). Irritates the skin, eyes and mucous membranes. Most children are allergic to Benzoic Acid.

### **213 & E213 Calcium Benzoate**

#### **E215 Sodium Ethyl Para-Hydroxybenzoate**

#### **E216 Propyl p-Hydroxybenzoate**

#### **E217 Sodium Propyl p-Hydroxybenzoate**

#### **E218 Methyl p-Hydroxybenzoate**

#### **E219 Sodium Methyl p-Hydroxybenzoate**

Preservative, anti-bacterial and antifungal. Also called Calcium Salt of Benzoic Acid. Dangerous for people who suffer from asthma, hay fever and aspirin sensitivity. Should not be given to infants or children. Causes skin problems. Most children are allergic to Benzoic Acid.

### **E214 Ethyl Para-Hydroxybenzoate**

Preservative, anti-bacterial and antifungal. Also called Ethyl 4-hydroxybenzoate. Asthmatics and people with sensitive skin should avoid this product. Causes numbing of the mouth.

***Not listed in Australia***

### **220 & E220 Sulphur Dioxide**

Preservative, antioxidant, bleaching agent and bacterial inhibitor. Increases uric acid, albumin in the urine, destruction of blood corpuscles, anaemia, gas, inflammation of the mucous membranes, headache, backache and nausea. Known to cause hyperactivity, asthma and rhinitis. Destroys Vitamin B1. Found in many beverages including wine. Difficult to metabolise and impair kidney function. Should be avoided by people with conjunctivitis, bronchitis, emphysema, bronchial asthma or cardiovascular disease. Is a TERATOGEN.

### **221 & E221 Sodium Sulphite**

Preservative and bacterial inhibitor in wine. Very dangerous for asthmatics and people with aspirin sensitivity. Do not allow children or babies consume it. It is a poison and destroys Vitamin B. Causes considerable damage to the digestive system and many other organs.

### **222 & E222 Sodium Bisulphite, Sodium Hydrogen Sulphite**

Preservative and bleaching agent. All sulphites are dangerous for asthmatics! Destroys Vitamin B. Causes changes to genetic material.

**223 & E223 Sodium Metabisulphite**

**224 & E224 Potassium Metabisulphite**

Preservative and antioxidant. Extremely dangerous with people with breathing difficulties.

**225 & E225 Potassium Sulphite**

**E226 Calcium Sulphite**

**E227 Calcium Hydrogen Sulphite**

**E228 Potassium Hydrogen Sulphite**

Commonly used in beer and wine as a preservative. Must be avoided by hyperactive people and asthmatics. Destroys Vitamin B. Causes changes to genetic material. Causes considerable damage to the digestive system and many other organs.

**249 & E249 Potassium Nitrite**

Preservative, colour fixative and mineral salt. Converts in the body to nitrosamines, which cause cancer. Is a TERATOGEN! Causes methemoglobinemia in infants - can lead to death by suffocation. Linked with causing and triggering asthma. Destroys Vitamins A,C and E (required by our body as antioxidants.) Can cause the adrenal glands to atrophy.

**250 & E250 Sodium Nitrite**

Artificial colour, preservative, colour fixative, flavour and mineral salt. A TERATOGEN! Immediate human reactions are moderate to severe arthritis, hyperactivity and asthma. Prohibited in foods for children or babies! Destroys Vitamins A,C and E (required by our body as antioxidants.) Combines with other compounds in the body to form nitrosamines which are known as..."THE MOST POTENT CANCER CAUSING AGENT KNOWN TO SCIENCE"!

**251 & E251 Sodium Nitrate**

Artificial colour, preservative, colour fixative, flavour and mineral salt. Is a CARCINOGEN. Causes asthma and hyperactivity. Especially dangerous for children and infants. High human toxicity.

**260 & E260 Acetic Acid**

A food acid, a modifying agent and flour treatment. Extracted from methanol and carbon monoxide or from ethanol by oxidation. Asthma, rashes and headaches can result from ingestion. Causes cancer in rats.

**310 & E310 Propyl Gallate**

**311 & E311 Octyl Gallate**

**311 & E311 Octyl Gallate**

Antioxidant and preservative. Also called Propyl Ester or Gallic Acid. Used to prevent staleness and brittleness in chewing gum. Dangerous for asthmatics and those sensitive to aspirin. Not permitted in children's food. Causes reproductive failure. Skin sensitiser. A CARCINOGEN.

**320 & E320 Butylated Hydroxyanisole (BHA)**

Antioxidant, defoamer, stabiliser, preservative and pesticide. Derived from Coal Tar. A widely used agent but is CARCINOGENIC. Raises the lipid and cholesterol levels in the blood. Induces the formation of metabolising enzymes in the liver causing break-down of Vitamin D. Causes hyperactivity and is not permitted in food for children. Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing, rashes and cancer. Forms MUTAGENS in the body. Inhibits smooth muscle contractions.

***Banned in Japan, UK and Austria***

**321 & E321 Butylated Hydroxytoluene (BHT)**

Antioxidant derived from Coal Tar Dye. Causes CANCER! Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing and rashes. Linked with reproductive failure. Can be leached into food through polyethylene food wrap. Is listed as a TERATOGEN! (McDonalds eliminated BHT from their foods in 1986).

***Banned in Sweden, England, Rumania, Austria and Japan.***

**407 & E407 Carrageenan**

Thickener, vegetable gum, Artificial sweetener base, modifying agent, emulsifier, stabiliser and suspending agent. Extracted from red seaweed. Often contains hidden MSG. Inhibits pepsin and other gastric enzymes in the stomach and increases the potency of compounds known to cause cancer. Causes ulcerative colitis. Most harmful when in drinks. Causes asthma, rashes, ulcers in the colon and should be avoided by babies. Is often contaminated with ethyl oxide. Carrageenan is a CARCINOGEN!

**413 & E413 Tragacanth**

**414 & E 414 Acacia Gum**

**416 & E416 Karaya Gum**

Thickener, vegetable gum, Artificial sweetener base, modifying agent, emulsifier, stabiliser and suspending agent. Extracted from peas. Causes asthma attacks, diarrhoea, gas, constipation and skin rashes.

**441 & E441 Gelatine**

Modifying agent, stabiliser and thickener. Protein derived from animal bones, cartilage and hides. May contain Sulphur Dioxide. Asthmatics should steer clear.

**536 & E536 Potassium Ferrocyanide**

Anti-caking, crystallising agent, metal removal in wine making. From coal gas purification. Ferrocyanides reduce oxygen transport in the blood - causes breathing problems, dizziness and headache. Asthmatics should not use this product.

**621 & E621 Monosodium L-Glutimate (MSG)**

**622 & E622 Potassium Hydrogen L-Glutimate**

**623 & E623 Calcium Di-L Glutimate**

Flavour enhancer, flavour and antioxidant. Is an EXCITOTOXIN. Causes gas, abdominal discomfort, distension, numbness, general weakness, palpitations, cold sweats, tightness in the head. Face swelling, skin disfiguration. Pregnant women should avoid all MSG. Affects 59% of all hyperactive children. Causes vascular disturbances at all ages. MSG is a TERATOGEN and a CARCINOGEN!

**627 & E627 Disodium Guanylate**

Synthetic flavour enhancer. Also called Sodium Salt of 5'-Guanylic Acid. Prohibited for use in baby foods. Reacts as MSG. Hyperactive people and asthmatics should avoid this substance.

**631 & E631 Disodium 5' - Inosinate**

**635 & E635 Disodium 5' - Ribonucleotides**

Synthetic flavour enhancer. Often used with MSG. Causes high levels of uric acid. Prohibited for use in children's food and is harmful to people with asthma and aspirin sensitivity. People suffering with gout conditions should avoid this chemical.

**928 & E928 Benzoyl Peroxide**

Flour treatment agent, bleach in milk and other dairy. Becomes benzoic acid. It is highly sensitising to asthmatics and those with skin allergies.

### **951 & E951 Aspartame**

Artificial sweetener. Also called Nutrisweet. An excitotoxin that causes severe neurological damage, especially in children. Breaks down in the human body to Phenylalanine (neurotoxic and causes seizures), Aspartic Acid (damages the developing brain) and Methanol (turns into formaldehyde). Spreads throughout all vital organs. **CROSSES THE PLACENTAL BARRIER** - even in small doses. Causes blindness and other eye problems. There are 85 documented symptoms associated with Aspartame - headaches, nausea, muscle spasms, hearing loss, tinnitus, irritability, heart palpitations, loss of taste, dizziness, weight gain, rashes, insomnia, memory loss, hyperactivity, blurred vision, blindness, slurred speech, depression (mild to suicidal), mood changes, anxiety attacks, seizures, joint pain, menstrual irregularities, arrhythmia, oedema, asthma etc. Aspartame triggers or mimics Chronic Fatigue Syndrome, ADD, ALS, Alzheimer's, EMS, Epilepsy, Epstein-Barr, Fibro myalgia, Graves, Hypothyroidism, Mercury Sensitivity, Lyme Disease, Lupus, Meniere's Disease, Multiple Sclerosis, Non-Hodgkin's Lymphoma, Post-Polio Syndrome.  
**EXTREMELY TOXIC!**

### **1403 Bleached Starch**

Thickener, vegetable gum and modifier. Causes asthma. Is difficult for infants to digest.

***Milk, Eggs, Peanuts, Tree Nuts, Soy, Wheat, Fish and Shellfish have all been implicated as food allergens in association with asthma.***

***Foods containing Sulphites trigger asthma:*** Some dried Fruits and Vegetables, Wine, Shrimp, Bottled Lemon or Lime Juice and Pickled Foods.

### **MSG**

***Monosodium Glutamate as well as being a food additive is also a natural substance found in the following foods:*** Tomatoes, Tomato Paste, Tomato Puree, Mushrooms, Parmesan Cheese, Camembert Cheese and Blue Vein Cheese.

### **Other Names For MSG**

Accent - Ajinomoto - Autolyzed - Yeast - Bouillon - Barley - Malt - Broth - Calcium Caseinate - Sodium Caseinate - Flavourings - Malt Extract - Malt Flavouring - Natural Flavours - Natural Flavourings - Natural Beef Flavouring - Natural Pork Flavouring - Natural Chicken Flavouring - Natural Seasonings - Gelatine - Gourmet Powder - Glutavene - Glutacyl - Glutamic Acid - Hydrolysed Oat Flour - Hydrolysed Vegetable Protein (HVP) - Hydrolysed Plant Protein - Hydrolysed Milk Protein - Kombo Extract - Mel-Jing - RL-50 - Textured Protein - Seasonings - Subu - Spices (sometimes) - Yeast Extract - Autolyzed Yeast

# **FOOD ADDITIVES THAT ARE CARCINOGENIC MUTAGENIC OR TERATOGENIC**

## **102 & E102 Tartrazine**

Artificial colouring. Common name for uncertified FD&C Yellow; No.5 CI Acid Yellow; Acid Yellow 23; CI Food Yellow 4; Coal Tar Dye; Pyrazolone Dye. Tartrazine is an Aromatic Hydrocarbon. Causes cancer. The FDA states that over 100,000 people are allergic to tartrazine. U.K. studies have shown that 79% of hyperactive children are allergic to tartrazine. It is believed to cause allergic reactions in 15% of the total population. Known effects are urticaria, asthma, altered states of perception and behaviour, uncontrolled hyper agitation and confusion. Known reactions are rhinitis (hayfever), bronchospasms (breathing problems), blurred vision and purple patches on the skin. It may also cause wakefulness in young children at night. Tartrazine is known to inhibit zinc metabolism (zinc is required in over 200 enzyme systems in the body). It is an active ingredient in herbicides used to kill aquatic weeds. In 1986 the 'British Institute of Mental Handicap' linked it with aggressive behaviour in children. Prevents the action of an enzyme that breaks down many potentially harmful toxins formed during digestion. Tartrazine is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The British Medical Journal, the "Lancet", lists these problems associated with tartrazine:- Allergies; Thyroid Tumours; Lymphocytic Lymphomas, Chromosomal Damage; Trigger for Asthma; Urticaria; Hyperactivity. As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.)

***Tartrazine is completely banned from foods in Norway and Finland and is heavily restricted in Austria, Sweden and Germany.***

## **104 & E104 Quinoline Yellow**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Causes asthma, rashes and hyperactivity. Aspirin sensitive people must avoid it. The 'Lancet' lists contact dermatitis as being a major problem. Known to be carcinogenic.

***Quinoline Yellow is banned in the U.S.A., Japan and Norway.***

## **107 & E107 Yellow 2G**

Artificial colouring. Also called CI Acid Yellow 17 or CI Food Yellow 5. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Coal Tar Dye. Causes hyperactivity and skin rash. People who suffer from asthma and who are sensitive to aspirin will show allergic reactions. Enlarges the kidneys.

***Not permitted in Australia since 1992. Banned in the U.S.A., Austria, Belgium, France, Norway, Sweden, Switzerland, Germany and Japan.***

## **110 & E110 Sunset Yellow FCF (Yellow No.6)**

Artificial colouring. Also called FD & C Yellow No.6; CI Food Yellow 3. Causes cancer. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Aspirin sensitive people will incur allergies to Sunset Yellow. It produces urticaria, angi-oedema (swelling of the blood vessels), gastric upset, and vomiting. Dangerous to asthmatics and causes hyperactivity and ADD. Should be avoided by those suffering from rhinitis.

One in 1000 are allergic to Sunset Yellow. It is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin. The 'Lancet' list these problems associated with Sunset Yellow: hives; rhinitis; nasal congestion; bronchoconstriction; when combined with Amaranth [123] or Ponceau [124], it may cause an anaphylactoid reaction; eosinophilic response; purpura; allergies; kidney tumours; chromosomal damage; abdominal pain; indigestion and distaste for food. (Dogs fed 2% suffered eye defects, sometimes causing blindness. Caused an increased incidence of tumours in animals. Growth retardation and weight loss was experienced.  
***Completely banned in U.K., Norway, Finland and Sweden***

#### **122 & E122 Azorubine, Carmoisine**

Artificial colouring. Also called CI Acid Red 14; CI Food Red 3. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. Produces adverse reactions in asthmatics and aspirin sensitive people. Causes hyperactivity, urticaria and oedema.

***Banned in the USA, Norway, Sweden and Japan***

#### **123 & E123 Amaranth (Red No.2)**

Artificial colouring. Also called FD&C Red No.2; CI Acid Red No.27; CI Food Red 9. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Used as a dye for the skin of unripe oranges and can cause death if eaten. Child-bearing women should avoid this colour. Provokes eczema and is harmful to asthmatics and rhinitis sufferers. Amaranth causes hyperactivity. Reacts with Vitamin A and causes liver damage. Angio-oedema, pruritis, urticaria and bronchoconstriction are the result in some cases. A TERATOGEN - can cause birth defects and foetal deaths. Amaranth is a carcinogen.

***Banned in USA in 1976. Banned in Russia, Norway, Sweden and Japan.***

#### **124 & E124 Brilliant Scarlet, Ponceau 4R**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Dangerous for people suffering from rhinitis and urticaria. People with hyperactivity, asthma and those sensitive to aspirin should avoid it. One in 1000 are allergic to Ponceau.

***Banned in USA in 1976 as a carcinogen. Banned in Canada, Norway, Sweden and Japan.***

#### **127 & E127 Erythrosine (Red No.3)**

Artificial colouring. Also called FD&C Red No.3; CI Acid Red No.51; CI Food Red 14. Xanthene Dye is MUTAGENIC and CARCINOGENIC. Coal Tar Dye. Polycyclic Aromatic Hydrocarbon. Hyperactivity and asthma can be caused by Erythrosine. Hyperactivity, asthma and allergies are triggered. Causes rashes, cancer, and damage to genes. Increases thyroid hormone levels. Phototoxicity (sensitivity to light) and learning difficulties. The 'Lancet' lists these reactions: bronchoconstriction, sequential vascular response, elevated protein-bound iodine, thyroid tumours and chromosomal damage.

***Banned in Norway***

#### **E128 Red 2G**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid Red 2G. Causes gene damage and damage to the unborn child. Skin rash and anaemia. Carcinogenic.

***Banned in USA, Austria, Belgium, Switzerland, Germany, Japan, New Zealand and Australia.***

#### **129 & E129 Allura Red AC**

Artificial colouring. Coal Tar Dye. Also called FD&C No.40). An allergen in allergic skin conditions. Increases heart rate and is implicated in behavioural problems. Should be avoided by those suffering from asthma, rhinitis and urticaria. Tumours and lymphomas can result from consuming Allura Red.

***Banned in Austria, Norway and Finland. Prohibited throughout the EEC.***

### **E131 Patent Blue V**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Immediate allergic reactions may occur - skin sensitivity, itching or urticaria. Sometimes shock, and breathing problems can occur. Nausea, low blood pressure and tremors. Dangerous to asthmatics and causes hyperactivity. CARCINOGENIC.

***Banned in the USA, Norway, Japan, New Zealand and Australia.***

### **132 & E132 Indigotine, Indigo Carmine**

Synthetic Coal Tar Dye. Also called FD&C Blue No.2. a sensitiser in allergic people. Causes asthma, skin rashes, hyperactivity, nausea, vomiting, high blood pressure and cancer. Brain tumours, bronchoconstriction can result from consuming E 132.

***Banned in Norway***

### **133 & E133 Brilliant Blue FCF**

Artificial colouring. Also called CI Acid Blue 2; CI Pigment Blue 24; FD&C No.1. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Triphenylmethane Dye. 14% are allergic to this dye. Hyperactivity and skin allergies. Should not be consumed by young children or infants. Highly CARCINOGENIC.

***Banned in the British Commonwealth 1972-1980, Austria, Belgium, France, Norway, Sweden, Switzerland and Germany.***

### **151 & E151 Brilliant Black BN**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Asthmatics, hyperactive people and aspirin sensitives must avoid it. Brilliant Black is one of four Azo dyes known to interfere with the digestive enzymes 1-Amylase, Pepsin and Trypsin.

***Banned in the USA, Canada, Japan, Norway and Sweden.***

### **153 & E153 Activated Vegetable Carbons, Carbon Black**

Synthetic colourings. Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Is CARCINOGENIC.

***Banned in foods, drugs and cosmetics in the USA.***

### **E154 Brown FK, Kipper Brown, Food Brown**

Synthetic mixture of six Azo dyes and sodium chloride or sodium sulphate. It is implicated in bladder cancer, liver cancer and sarcoma. Causes genetic mutation. Hyperactive, asthmatic and aspirin sensitive people must avoid it. Causes rashes, cancer and damages genes. Crosses the placental barrier.

***Banned in all EEC countries except the UK, Austria, Switzerland, USA, Sweden New Zealand and Australia.***

### **155 & E155 Brown HT, Chocolate Brown**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Coal Tar Dye (carcinogenic). Hyperactive children are highly likely to react to this colouring. Causes cancer, asthma and skin rashes. Can cross the placental barrier. Is TERATOGENIC, MUTAGENIC and CARCINOGENIC! Highly hazardous.

***Banned in the USA, Austria, Belgium, Denmark, France, Norway, Sweden, Switzerland, Germany and Japan.***

**E173 Aluminium**

Surface colour. Causes anaemia, osteoporosis and Alzheimer's. A TERATOGEN and CARCINOGEN.

***Banned in Australia and New Zealand***

**E180 Pigment Rubine, Latol Rubine**

Artificial colouring. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcoma. Causes asthma, hyperactivity and rashes. Is a known CARCINOGEN.

***Banned in New Zealand and Australia***

**200 & E200 Sorbic Acid**

Used as a preservative and fungicide. Extracted from some fruits - made synthetically from ketene. Used to extend the shelf life of cheese, chickens, beverages etc. Prevents the growth of mould. Causes asthma, rashes and hyperactivity. Listed as an allergen by the National Institute of Health Science. Causes CANCER.

**210 & E210 Benzoic Acid**

Artificial sweetener, preservative, flavour, anti-bacterial and antifungal. Irritant to the skin, eyes and mucous membranes. Can cause gastro-intestinal disorders. Asthmatics, hyperactives and people with rhinitis will react to Benzoic Acid. When consumed with sodium bisulphite (another preservative) causes neurological disorders. The 'Lancet' reports that 79% of children react adversely. Growth retardation, brain damage, ataxia and convulsions may result.

**211 & E211 Sodium Benzoate**

Preservative, anti-bacterial and antifungal. Also called Sodium Salt of Benzoic Acid; Salt of Benzoic Acid. People who are allergic to aspirin should not use it. Causes hyperactivity and temporarily inhibits digestive enzymes. Triggers asthma, rhinitis or urticaria. Used in many oral medications such as Tylenol, Axtifed and Phenergan. Commonly found in soft drinks, wine coolers, mouth washes, tooth pastes, salsas, margarine and maple syrup. Also a corrosion inhibitor in automotive's cooling systems. Causes neurotoxic problems. Listed as a TERATOGEN and CARCINOGEN.

**220 & E220 Sulphur Dioxide**

Preservative, antioxidant, bleaching agent and bacterial inhibitor. Increases uric acid, albumin in the urine, destruction of blood corpuscles, anaemia, gas, inflammation of the mucous membranes, headache, backache and nausea. Known to cause hyperactivity, asthma and rhinitis. Destroys Vitamin B1. Found in many beverages including wine. Difficult to metabolise and impair kidney function. Should be avoided by people with conjunctivitis, bronchitis, emphysema, bronchial asthma or cardiovascular disease. Is a TERATOGEN.

**E230 Biphenyl/Diphenyl**

Preservative and antifungal. Synthetic substance from benzene. A toxic phenol used to fumigate fruit. Can cause chromosome damage and genetic mutation. Not used in Australia yet, as a food additive but is used for agricultural purposes and, therefore can end up in our food! Fruit in Europe, treated with Diphenyl must carry warning labels. Is a TERATOGEN, MUTAGEN and a CARCINOGEN!

**E231 Orthophenyl Phenol**

Also called 2-Hydroxybiphenyl; O-Phenyl Phenol. Preservative, anti-bacterial and antifungal. Causes enormous problems with people working with it. MUTAGENIC, TERATOGENIC and CARCINOGENIC! Can easily find its way into our food.

### **E236 Formic Acid**

Artificial flavour. Also called Cinnamyl Formate. Derived from ants, nettles etc. Caustic to the skin and causes urine disorders.

***Not used in Australia or UK.***

### **E239 Hexamethylene Tetramine, Hexamine**

Fungicide, preservative and anti-bacterial. Derived from formaldehyde and ammonia. Causes kidney cancer. Is a MUTAGEN and CARCINOGEN.

***Not used in Australia***

### **249 & E249 Potassium Nitrite**

Preservative, colour fixative and mineral salt. Converts in the body to nitrosamines, which cause cancer. Is a TERATOGEN! Causes methemoglobinemia in infants - can lead to death by suffocation. Linked with causing and triggering asthma. Destroys Vitamins A,C and E (required by our body as antioxidants.) Can cause the adrenal glands to atrophy.

### **250 & E250 Sodium Nitrite**

Artificial colour, preservative, colour fixative, flavour and mineral salt. A TERATOGEN! Immediate human reactions are moderate to severe arthritis, hyperactivity and asthma. Prohibited in foods for children or babies! Destroys Vitamins A,C and E (required by our body as antioxidants.) Combines with other compounds in the body to form nitrosamines which are known as..."THE MOST POTENT CANCER CAUSING AGENT KNOWN TO SCIENCE"!

### **251 & E251 Sodium Nitrate**

Artificial colour, preservative, colour fixative, flavour and mineral salt. Is a CARCINOGEN. Causes asthma and hyperactivity. Especially dangerous for children and infants. High human toxicity.

### **252 & E252 Potassium Nitrite**

Preservative, colour fixative, flavour and mineral salt. Converts to nitrosamines in the body (known as..."THE MOST POTENT CANCER CAUSING AGENT KNOWN TO SCIENCE"!) Interferes with the oxygen carrying capacity of red blood cells. Causes hyperactivity.

### **310 & E310 Propyl Gallate**

Antioxidant and preservative. Also called Propyl Ester or Gallic Acid. Used to prevent staleness and brittleness in chewing gum. Dangerous for asthmatics and those sensitive to aspirin. Not permitted in children's food. Causes reproductive failure. Skin sensitiser. A CARCINOGEN.

### **320 & E320 Butylated Hydroxyanisole (BHA)**

Antioxidant, defoamer, stabiliser, preservative and pesticide. Derived from Coal Tar. A widely used agent but is CARCINOGENIC. Raises the lipid and cholesterol levels in the blood. Induces the formation of metabolising enzymes in the liver causing break-down of Vitamin D. Causes hyperactivity and is not permitted in food for children. Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing, rashes and cancer. Forms MUTAGENS in the body. Inhibits smooth muscle contractions.

***Banned in Japan, UK and Austria***

### **321 & E321 Butylated Hydroxytoluene (BHT)**

Antioxidant derived from Coal Tar Dye. Causes CANCER! Causes dermatitis, chronic asthma attacks, skin blistering, eye haemorrhaging, tingling sensations of face and hands, extreme weakness, fatigue, oedema, chest tightness, difficulty in breathing and rashes. Linked with

reproductive failure. Can be leached into food through polyethylene food wrap. Is listed as a TERATOGEN! (McDonalds eliminated BHT from their foods in 1986).

***Banned in Sweden, England, Rumania, Austria and Japan.***

**407 & E407 Carrageenan**

Thickener, vegetable gum, Artificial sweetener base, modifying agent, emulsifier, stabiliser and suspending agent. Extracted from red seaweed. Often contains hidden MSG. Inhibits pepsin and other gastric enzymes in the stomach and increases the potency of compounds known to cause cancer. Causes ulcerative colitis. Most harmful when in drinks. Causes asthma, rashes, ulcers in the colon and should be avoided by babies. Is often contaminated with ethyl oxide. Carrageenan is a CARCINOGEN!

**430 & E430 Polyoxyethylene (8) Stearate**

**431 & E 431 Polyoxyl 40 Stearate**

**432 & E432 Polyoxyethylene (20) Sorbitan Monostearate**

**433 & E433 Polysorbate 80**

**435 & E435 Polysorbate 60**

**436 & E436 Polysorbate 65**

Are all CARCINOGENS!

**466 & E466 Sodium Carboxyl Methyl Cellulose**

Also called Cellulose Gum or Carboxy Methylcellulose. Thickener, vegetable gum, artificial sweetener base, modifying agent, emulsifier and stabiliser. Causes CANCER! Produces gas, diarrhoea, loss of appetite. Extremely dangerous!

**507 & E507 Hydrochloric acid**

Acidity regulator. TERATOGENIC and CARCINOGENIC when mixed with formaldehyde.

**518 & E518 Magnesium Sulphate**

Also called Epsom Salts and Espomite. Mineral salt and firming agent. Dietary supplement beer and a laxative. It is a TERATOGEN! Causes kidney problems.

**553 & E553b Talc**

Anti-caking agent, release agent and filtering aid. Causes stomach cancer when ingested. Often used to assist the flow of salt and rice. Talc is a CARCINOGEN - whether eaten or used in powders etc.

**903 & E903 Carnauba Wax**

Glazing agent, polishing and coating. Used for waxing fruit and vegetables. Can cause skin irritation. Is a known CARCINOGEN!

**905 & E905 Paraffins**

Anti-stick and gloss. A mixture of hydrocarbons from the petroleum industry. Causes anal seepage and irritation, inhibits the absorption of fats and fat-soluble vitamins. Linked to bowel cancer. Is CARCINOGENIC!

**905a Mineral Oil**

Glazing agent, sealant, ingredient in chewing gum, defoamer, protective coating for fresh fruit and veges, lubricant and binder for capsules and tablets. Used as a lubricant in food processing equipment. A petroleum product that inhibits the absorption of fats and fat-soluble vitamins. Linked to bowel cancer. Causes liver abnormalities. Mineral oil is a CARCINOGEN and a TERATOGEN! It is also a neurotoxin.!

### **905b Petrolatum**

Also called Petroleum Jelly, Yellow Petroleum Jelly, Vaseline Officineale. Glazing and defoaming agent. A petroleum product that inhibits the absorption of fats and fat-soluble vitamins. It is a CARCINOGEN and a TERATOGEN! It is also a neurotoxin.!

### **924 & E924 Potassium Bromate**

Mineral salt, flour treatment, bleaching agent, stabiliser, oxidising agent in beer. It's used to keep air in bread while it bakes (to keep it looking bigger). Converts to bromide after baking. Can cause nausea, vomiting, severe abdominal pain, diarrhoea and convulsions. Destroys Vitamin E. Listed as a category 2 CARCINOGEN. Causes tumours of the kidneys, lining of the stomach and thyroid. Long term toxicity.

***Banned in the USA.***

### **925 & E925 Chlorine**

#### **926 & E926 Chlorine Dioxide**

Flour treating agent, bleach, disinfectant, decolouriser and irritant poison. Destroys Vitamin E. Causes brain damage, cancer and reproductive problems. Chlorine is CARCINOGENIC!

### **950 & E950 Acesulfame K**

An artificial sweetener. Is a CARCINOGEN! Causes hypoglycaemia, lung tumours, increased cholesterol, breast tumours, leukaemia and chronic respiratory diseases.

### **952 & E952 Cyclamates**

Artificial sweetener. Causes cancer in humans. People with heart, circulation or kidney problems must not use cyclamates. Causes 'stillbirth' at an alarming rate - crosses the placental barrier. Causes bladder cancer.

***Banned in the USA, Bermuda, Greece, India, Iran, Kenya, Sweden, Canada, Netherlands, Portugal and Venezuela.***

### **954 & E954 Saccharins**

Artificial sweetener. Used in soft drinks, tabletop sweeteners, chewing gum, toothpaste, jellies etc. Coal Tar Dye. Interferes with normal blood coagulation, blood sugar levels and digestion. Promotes cancer that has been induced by other substances. Children are very vulnerable! Linked to brain and bladder cancer, headaches, shrunken testicles, urticaria and decreased testosterone levels. A Category 2 CARCINOGEN.

***Banned in Germany, Spain, Portugal, Hungary, France, Malaysia, Zimbabwe, Fiji, Peru, Israel and Taiwan.***

### **967 & E967 Xylitol**

Humectant, stabiliser, artificial sweetener, bulking agent and sugar substitute. Laxative and causes diarrhoea and flatulence. A CARCINOGEN!

### **1202 & E1202 Polyvinylpyrrolidone**

Humectant, stabiliser, artificial sweetener, bulking agent and sugar substitute. Causes kidney damage, tumours in the lungs. Is a CARCINOGEN!

### ***Other Carcinogenic Chemicals Found In Food...***

*Activated Vegetable Carbons; Brilliant Scarlet 4R; Caffeine; Carmoisine; Citrus Red No.2; Cyclohexyl Sulphate; Fast Green (Green No.3); Hydrogenated Vegetable Oil; Maleic Hydrazide; Orange B; Phenethyl benzoate; Polyisobutylene; Polyoxyethylene (20) sorbitan tristearate; Polyoxyl 8 stearate; Quinine; Stibestrol; Triphenylmethane dyes; Xanthene; Azo dyes; Butadienestyrene Rubber; Carbo medicinalis vegetalis; Charcoal; Coal tar dye; Dulcin; Formaldehyde; Lactose;*

*Maltose; Papain; Phenol; Polyoxyethylene (20) sorbitan mono-oleate; Polyoxethylene (40) stearate; Polysorbate 80; Red No 2; Sudan 1; Wax; Yellow No5; Beta-naphthylamine; Butter Yellow; Carboxymethylcellulose; Chocolate brown HT; Coumarin; Essential Oils; Guinea green (green no 1); Light green; Olestra; Parrafin; Polyethylene; Polyvinyl acetate; Red No 32; Thiourea; Wool Violet; Yellow No6*

More Info...

## ***Better Living Resources***

**P.O. Box 300, Narellan, NSW, 2567.**

**Fax: 02 4647 2991**

**Phone: 0411 661 444**

**E-mail: [betterliving@betterliving.name](mailto:betterliving@betterliving.name)**

**Web: [www.BetterLivingResources.name](http://www.BetterLivingResources.name)**