Some Hidden GM Ingredients

Processed foods often have hidden GM sources (unless they are organic or declared non-GMO). The following are ingredients that may be made from GMO, soy, corn, cotton, or canola.

- Aspartame
- Baking Powder
- Bee pollen
- Caramel color
- Cellulose
- Citric acid
- Cobalamin (Vit. B12)
- Corn gluten
- Corn masa
- Corn oil
- Corn syrup
- Cornmeal
- Cornstarch
- Cyclodextrin
- Cysteine
- Dextrin
- Dextrose
- Diacetyl
- Diglyceride
- Fructose
- Fructose (crystalline)
- Glucose
- Glutamate
- Glutamic acid
- Gluten
- Glycerides
- Glycerin
- Glycerol
- Glycerol monoooleate
- Glycine
- Hemicellulose
- High fructose corn syrup (HFCS)
- Hydrogenated starch hydrates
- Hydrolyzed vegetable protein
- Inositol
- Invert sugar (colorose or inversol)
- Inverse syrup
- Isoflavones
- Lactic acid
- Lecithin
- Leucine
- Lysine
- Maltitol
- Maltooltrix
- Maltose
- Mannitol
- Methylcellulose
- Miso starch
- Modified starch
- Monosodium glutamate
- Oleic acid
- Phenylalanine
- Phyric acid
- Sorbitol
- Soy flour
- Soy isolates
- Soy lecithin
- Soy protein
- Starch
- Stearic acid
- Tamarind
- Temphe
- Threonine
- Tocopherols (Vit. E)
- Tofu
- Tehalose
- Triglyceride
- Vegetable fat
- Vegetable oil
- Vitamin B12
- Vitamin E
- Xanthan gum

Ascorbic acid, Vitamin C), although derived from corn, is probably not GM because it is not made in North America. Honey and bee pollen may contain GMOs if the beehives are near GM crops.

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