The most popular chemical additives in the food industry

*These additives kill/prevent molds and yeast from growing on food.

Other common food additives and their potential dangers:

**Aspartame:** Sweetener in snacks, sweets, alcohol, desserts, diet foods. Reports show possibility of headaches, blindness, and seizures with long-term high doses of aspartame.

**Benzoic acid:** Preservative in many foods, including drinks, low sugar products, cereals, meat products. Can temporarily inhibit the function of digestive enzymes. May deplete glycine levels.

**Monosodium glutamate (MSG):** Flavor enhancer known to cause seizures, chest pains, headache, nausea, burning sensations, and tightness of face.

**Sulfur dioxide:** Preservative that causes bronchial problems, hypotension (low blood pressure), flushing, tingling sensations or anaphylactic shock.

**Nitrites/Nitrates:** one of the most dangerous additives. Used in most processed meats.

- **Lunch Meats**
- **Smoked Fish**
- **Sausage**
- **Bacon**
- **Canned Meats**
- **Hot Dogs**

Nitrate are used to stabilize the color of the product.

High levels of nitrates and/or nitrite poisoning in food can cause cardiovascular collapse.

Chemical-Additive Intake:

- The U.S. consumes over 1 billion lbs per year.
- Americans eat roughly 6 to 9 lbs per year.