



Shopping List

Sweeteners

E950	Acesulfame-K	E965	Maltitol (Glucose Syrup)
E951	Aspartame	E966	Lactitol
E952	Cyclamate	E967	Xylitol
E953	Isomalt	E968	Erythritol
E954	Saccharin	E420	Sorbitol
E960	Stevia (Steviol Glycoside)		

ADHD & Neurological Problem Chemicals

Chemicals in this are recommended to be avoided

Colours

E102	Tartrazine
E104	Quinloine Yellow
E110	Sunset Yellow
E120	Cochineal
E122	Carmoisine
E123	Amaranth
E124	Ponceau 4R
E127	Erythrosine
E128	Red 2G
E129	Allura Red AC
E131	Patent Blue V
E132	Indigo Carmine
E133	Brilliant Blue
E142	Green S
E150b, c & d	Caramel
E151	Brilliant Black
E154	Brown FK
E155	Brown GT
E160b	Annatto
E161g	Ganthaxanthin
E171	Titanium Dioxide
E173	Amuninium
E180	Pigment Rubine, Lithol Rubine BK

Preservatives, Oxidants & Antioxidant

E210-219	Benzoates
E220-228	Sulphur Dioxide & Sulphates
E230-232	Benzene Derivatives
E249-250	Nitrites
E251-252	Nitrates
E280-283	Propionic Acid, Propionates
E310-312	Propyl Gallate & Gallates
E320	Butylated Hydroxyanisole
E321	Bytulated Hydroxytolunene
E338	Phosphoric acid
E339-343	Phosphates

Emulsifiers & Thickeners

E407	Carrageenan
E413	Targaxanth Gum
E420	Sorbitol (also sweetener)
E421	Mannitol
E430-436	Polyoxyls
E450-452	Di/Tri/Poly phosphates

Flavour Enhancers

E621-623	(MSG) Glutamates
E624	Calcium ribonucleotides
E627	Phosphates
E628,630-633	Inosinic, inosinate, di(metal)
E634-635	Ribonucleotides
E906	Gum benzoic
E1410-1414	Phosphates
E1442	Phosphate

Flour treatment agent

E927a	Azodicarbonamide
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Known Carcinogens

E924	Potassium Bromate
E925-6	Chlorines