

Additive Number	Name of Food Additive	Hyper-activity	Asthma	Cancer
102 & E102	Tartrazine (food color)	H	A	C
<b>104 &amp; E104</b>	<b>Quinoline Yellow (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
107 & E107	Yellow 2G (food color)	H	A	C
<b>110 &amp; E110</b>	<b>Sunset Yellow (Yellow food color #6)</b>	<b>H</b>	<b>A</b>	<b>C</b>
120 & E120	Carmines, Cochineal (food color)	H	A	-
<b>122 &amp; E122</b>	<b>Azorubine, Carmoisine (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
123 & E123	Amaranth (Red food color #2)	H	A	C
<b>124 &amp; E124</b>	<b>Ponceau, Brilliant Scarlet (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
127 & E127	Erythrosine (Red food color #2)	H	A	C
<b>E128</b>	<b>Red 2G (Red food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
129 & E129	Allura Red AC (food color)	H	A	C
<b>E131</b>	<b>Patent Blue (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
132 & E132	Indigotine, Indigo Carmine (food color)	H	A	C
<b>133 &amp; E133</b>	<b>Brilliant Blue (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
142 & E142	Acid Brilliant Green, Green S, Food Green (food color)	H	A	-
<b>143</b>	<b>Fast Green (food color)</b>	-	<b>A</b>	-
150 & E150	Caramel (food color)	H	-	-
<b>151 &amp; E151</b>	<b>Activated Vegetable Carbons, Brilliant Black (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
154	Food Brown, Kipper Brown, Brown FK (food color)	H	A	C
<b>155 &amp; E155</b>	<b>Chocolate Brown HT, Brown HT (food color)</b>	<b>H</b>	<b>A</b>	<b>C</b>
160b & E160b	Bixin, Norbixin, Annatto Extracts (yellow, red to brown natural colors)	H	A	-
<b>E173</b>	<b>Aluminium (preservatives)</b>	-	-	<b>C</b>
E180	Latol Rubine, Pigment Rubine (preservatives)	H	A	C
<b>200 &amp; E200-203</b>	<b>Potassium &amp; Calcium Sorbates ,Sorbic Acid (preservatives)</b>	<b>H</b>	<b>A</b>	-
210 & E210	Benzoic Acid (preservatives)	H	A	C
<b>211 &amp; E211</b>	<b>Sodium Benzoate (preservatives)</b>	<b>H</b>	<b>A</b>	-
212 & E212	Potassium Benzoate (preservatives)	-	A	-
<b>213 &amp; E213</b>	<b>Calcium Benzoate (preservatives)</b>	-	<b>A</b>	-
E214	Ethyl Para Hydroxybenzoate (preservatives)	-	A	-
<b>E215</b>	<b>Sodium Ethyl Para Hydroxybenzoate (preservatives)</b>	-	<b>A</b>	-
216 & E216	Propyl P Hydroxybenzoate, Propylparaben (preservatives)	-	A	-
<b>E217</b>	<b>Sodium Propyl P Hydroxybenzoate (preservatives)</b>	-	<b>A</b>	-
220 & E220	Sulphur Dioxide also Sulfur dioxide (preservatives)	H	A	-
<b>221 &amp; E221</b>	<b>Sodium Sulfite or Sodium Sulphite (preservatives)</b>	-	<b>A</b>	-
222	Sodium Bisulfite or Sodium Bisulphite (preservatives)	-	A	-
<b>223 &amp; E223</b>	<b>Sodium Metabisulfite or Sodium Metabisulphite (preservatives)</b>	-	<b>A</b>	-
224 & E224	Potassium Metabisulphite or Potassium Metabisulfite (preservatives)	-	A	-
<b>225 &amp; E225</b>	<b>Potassium Sulfite or Potassium Sulphite (preservatives)</b>	-	<b>A</b>	-
E226	Calcium Sulfite or Calcium Sulphite (preservatives)	-	A	-
<b>E227</b>	<b>Calcium Hydrogen Sulphite or Calcium Hydrogen Sulfite (preservatives)</b>	-	<b>A</b>	-
E228	Potassium Bisulfite, Potassium Hydrogen Sulfite or Potassium Bisulphite, Potassium Hydrogen Sulphite (preservatives)	H	A	-
<b>E230</b>	<b>Diphenyl, Biphenyl (preservatives)</b>	-	-	<b>C</b>
E231	Orthophenyl Phenol (preservatives)	-	-	C
<b>E236</b>	<b>Formic Acid (preservative)</b>	-	-	<b>C</b>
E239	Hexamine, Hexamethylene Tetramine (preservatives)	-	-	C

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Dangerous  
Food Additives

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 ▪ frankserpico.com ▪ drtenpenny.com ▪

Additive Number	Name of Food Additive	Hyper-activity	Asthma	Cancer
249 & E249	Potassium Nitrate (preservative)	-	A	C
<b>250 &amp; E250</b>	<b>Sodium Nitrite (preservative)</b>	<b>H</b>	<b>A</b>	<b>C</b>
251 & E251	Sodium Nitrate (preservative)	H	-	C
<b>252 &amp; E252</b>	<b>Potassium Nitrate (preservative)</b>	<b>H</b>	<b>-</b>	<b>C</b>
260 & E260	Acetic Acid, Glacial (preservatives)	-	A	-
<b>280 to 283</b>	<b>Calcium or Potassium or Sodium Propionates, Propionic Acid (preservatives)</b>	<b>H</b>	<b>A</b>	<b>-</b>
310 & E310	Propyl Gallate (Synthetic Antioxidant)	-	A	C
<b>311 &amp; E311</b>	<b>Octyl Gallate (Synthetic Antioxidant)</b>	<b>-</b>	<b>A</b>	<b>-</b>
312 & E312	Dodecyl Gallate (Synthetic Antioxidant)	-	A	-
<b>319 &amp; E319</b>	<b>TBHQ, Tert Butylhydroquinone (Synthetic Antioxidants)</b>	<b>H</b>	<b>A</b>	<b>-</b>
320 & E320	Butylated Hydroxyanisole (BHA) (Synthetic Antioxidants)	H	A	C
<b>321 &amp; E321</b>	<b>Butylated Hydroxytoluene (BHT) or Butylhydroxytoluene (Synthetic Antioxidants)</b>	<b>H</b>	<b>A</b>	<b>C</b>
330 & E330	Citric Acid (NOT DANGEROUS naturally occurring e330 & 330 citric acid additive – can contain sulfites and mold, explained earlier in the article next to this table printable version link.)	-	-	-
<b>407 &amp; E407</b>	<b>Carrageenan (Thickening &amp; Stabilizing Agent)</b>	<b>-</b>	<b>A</b>	<b>C</b>
413 & E413	Tragacanth (Thickener & Emulsifier)	-	A	-
<b>414 &amp; E414</b>	<b>Acacia Gum (Food Stabilizer)</b>	<b>-</b>	<b>A</b>	<b>-</b>
416	Karaya Gum (Laxative, Food Thickener & Emulsifier)	-	A	-
<b>421 &amp; E421</b>	<b>Mannitol (Artificial Sweetener)</b>	<b>H</b>	<b>-</b>	<b>-</b>
430	Polyxyethylene Stearate (Emulsifier)	-	-	C
<b>431</b>	<b>Polyxyl Stearate (Emulsifier)</b>	<b>-</b>	<b>-</b>	<b>C</b>
E432 – E435	Polyoxyethylene Sorbitan Monostearate (Emulsifiers Gelling Stabilisers Thickeners Agents)	-	-	C
<b>433 – 436</b>	<b>Polysorbate (Emulsifiers)</b>	<b>-</b>	<b>-</b>	<b>C</b>
441 & E441	Gelatine (Food Gelling Agent)	-	A	-
<b>466</b>	<b>Sodium CarboxyMethyl Cellulose</b>	<b>-</b>	<b>-</b>	<b>C</b>
507 & E507	Hydrochloric Acid (Hydrolyzing Enhancer & Gelatin Production)	-	-	C
<b>518 &amp; E518</b>	<b>Magnesium Sulphate (Tofu Coagulant)</b>	<b>-</b>	<b>-</b>	<b>C</b>
536 & E536	Potassium Ferrocyanide (Anti Caking Agent)	-	A	-
<b>553 &amp; E553 &amp; E553b</b>	<b>Talc (Anti Caking, Filling, Softener, Agent)</b>	<b>-</b>	<b>-</b>	<b>C</b>
620 – 625	MSG Monosodium Glutamate, Glutamic Acid, all Glutamates (Flavour Enhancers)	H	A	C
<b>627 &amp; E627</b>	<b>Disodium Guanylate (Flavour Enhancers)</b>	<b>H</b>	<b>A</b>	<b>-</b>
631 & E631	Disodium Inosinate 5 (Flavour Enhancers)	-	A	-
<b>635 &amp; E635</b>	<b>Disodium Ribonucleotides 5 (Flavour Enhancers)</b>	<b>-</b>	<b>A</b>	<b>-</b>
903 & E903	Camauaba Wax (used in Chewing Gums, Coating and Glazing Agents)	-	-	C
<b>905 &amp; 905 a,b,c</b>	<b>Paraffin and Vaseline, White Mineral Oil (Solvents, Coating and Glazing, Anti Foaming Agents, Lubricant in Chewing Gums)</b>	<b>-</b>	<b>-</b>	<b>C</b>
924 & E924	Potassium Bromate (Agent used in Bleaching Flour)	-	-	C
<b>925 &amp; E925</b>	<b>Chlorine (Agent used in Bleaching Flour, Bread Enhancer and Stabiliser)</b>	<b>-</b>	<b>-</b>	<b>C</b>
926	Chlorine Dioxide (Bleaching Flour and Preservative Agent)	-	-	C
<b>928 &amp; E928</b>	<b>Benzoyl Peroxide (Bleaching Flour and Bread enhancer Agent)</b>	<b>-</b>	<b>A</b>	<b>-</b>
950 & E950	Potassium Acesulphame (Sweetener)	-	-	C
<b>951</b>	<b>Aspartame (Sweetener)</b>	<b>H</b>	<b>A</b>	<b>C</b>
952 & E952	Cyclamate and Cyclamic Acid (Sweeteners)	-	-	C
<b>954 &amp; E954</b>	<b>Saccharine (Sweetener)</b>	<b>-</b>	<b>-</b>	<b>C</b>
1202 & E1202	Insoluble Polyvinylpyrrolidone Insoluble (Stabiliser and Clarifying Agent added to Wine, Beer, Pharmaceuticals)	-	-	C
<b>1403</b>	<b>Bleached Starch (Thickener and Stabiliser)</b>	<b>-</b>	<b>A</b>	<b>-</b>