

HIDDEN SOURCES OF MSG

The glutamate manufacturers and the processed food industries are always in a quest to disguise MSG added to food. Below is a partial list of the most common names for disguised MSG. Remember also that the powerful excitotoxins aspartate and L-cysteine are frequently added to foods and according to FDA rules require no labeling at all. It does not have to be called MSG unless it is 99.5%MSG. 99.0% MSG can be called any of the following:

Additives that always contain MSG:

Monosodium Glutamate	Hydrolyzed Vegetable Protein	Hydrolyzed Oat Flour
Hydrolyzed Protein	Hydrolyzed Plant Protein	Plant Protein Extract
Calcium Caseinate	Yeast extract	
Textured Protein	Autolyzed Yeast	

Additives that frequently contain MSG:

Malt Extract	Malt Flavoring	
Bouillon	Broth	Stock
Natural Flavoring	Natural Beef or Chicken Flavoring	
Seasoning	Spices	

Additives that may contain MSG or excitotoxins:

Carrageenans	Enzymes	
Soy Protein Concentrate	Soy Protein Isolate	Whey Protein Concentrate

Protease enzymes of various sources can release excitotoxin amino acids from food proteins.

EFFECTS OF EXCITOTOXINS

FETUS AND CHILDREN

Excitotoxins have a profound adverse effect on developing young brains. The excitotoxins a pregnant woman is exposed to will cross the placental barrier and expose her baby through the fetal circulation.

The blood brain barrier is incomplete in the developing fetus. Consequently, exposure to excitotoxins at this stage of development is deleterious. The blood brain barrier is not well formed in the infant and toddler. Exposure of excitotoxins through breast milk, or through foods/drink are deleterious. (Baby food companies use to add excitotoxins to baby foods. This was eventually outlawed. But watch out as some have just changed the name and put them back in.)

ADULTS AND OLDER CHILDREN

In adults, the excitotoxins have a limited ability to cross the blood brain barrier, except for cysteine. In the adult the blood brain barrier is least efficient at the region around the hypothalamus. Consequently aspects of early excitotoxin caused dysfunction often involves the hypothalamus (i.e. fluid retention).

Various life events reduce the efficiency of the blood brain barrier in both the child and adult, including:

- Trauma
- Infection
- Stroke

All have elements of INFLAMMATION. Consequently, nutritional anti-inflammatory efforts are important in protection and management.