

Module 3

MSG

Monosodium Glutamate is a man-made chemical that tricks your tongue into thinking it's getting more protein and making foods taste better.

Dr. Russell Blaylock, a board-certified neurosurgeon and author of "Excitotoxins: The Taste that Kills." In it he explains that MSG is an excitotoxin, which means it overexcites your cells to the point of damage or death, causing brain damage to varying degrees -- and potentially even triggering or worsening learning disabilities, Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease and more.

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Here are some other names for which you might find MSG:

- MSG Accent
- Autolyzed Plant Protein
- Autolyzed Yeast
- Aginomoto
- Calcium Caseinate
- Citric Acid (when processed from corn)
- Gelatin
- Glutamate
- Glutamic Acid
- Hydrolyzed Plant Protein (HPP)
- Hydrolyzed Vegetable Protein (HVP)
- Monopotassium Glutamate
- Monosodium Glutamate
- MSG
- Natural Flavoring
- Natural Meat Tenderizer
- Sodium Caseinate
- Senomyx (wheat extract labeled as artificial flavor)
- Textured Protein
- Yeast Food or Nutrient
- Yeast Extract
- Dry Milk Solids
- Enriched
- Fermented anything
- Flavoring Seasonings (This does not always mean salt and pepper)
- Flavors & Flavoring
- Flowing Agents
- Gums
- Lipolyzed butter fat
- Low or No Fat items
- Malt Extract or Flavoring
- Malted Barley (flavor)
- Maltodextrin
- Modified Food Starch
- Milk Powder
- Natural Chicken
- Pectin
- Protease
- Protein fortified anything
- Protease enzymes
- Protein Fortified Milk
- Reaction Flavors
- Rice or Brown Rice, Syrup
- Soy Protein
- Soy Protein Isolate or Concentrate
- Soy Sauce or Extract
- Spice
- Stock
- Ultra-pasteurized anything
- Vitamin enriched
- Wheat
- Whey Protein Isolate or Concentrate
- Whey Protein or Whey
- Yeast Nutrients
- *list via glutathionediseasecare

Also Could Have MSG

This is a list of foods that could be additives and often have MSG in them.

- Annatto
- Barley Malt
- Bouillon
- Broth
- Caramel Flavoring (coloring)
- Carrageenan
- Corn syrup and corn syrup solids (partly depends upon process used)
- Cornstarch
- Dough Conditioners