

Sheet1

E_NO,C,(CATEGORY,C,20	CHEM_NAME,C,30	NATURE,C,20	
E260	ACIDITY REGULATOR	ACETIC ACID	NATURAL
E472a	EMULSIFIER	ACETIC ACID ESTERS OF FAT ACID	MAN MADE
355	FLAVOUR	ADIPIIC ACID	NATURAL
E406	THICKENING AGENT	AGAR	NATURAL
E400	EMULSIFIER	ALGINIC ACID	NATURAL
129	COLOUR	ALLURA RED	MAN MADE
E307	ANTIOXIDANT	ALPHA-TOCOPHEROL	MAN MADE
E173	COLOUR	ALUMINIUM	NATURAL
556	ANTI-CAKING AGENT	ALUMINIUM CALCIUM SILICATE	NATURAL
554	ANTI-CAKING AGENT	ALUMINIUM SODIUM SILICATE	NATURAL/MAN MADE
E123	COLOUR	AMARANTH	MAN MADE
E440b	EMULSIFIER	AMIDATED PECTIN	NATURAL/MAN MADE
E403	EMULSIFIER	AMMONIUM ALGINATE	NATURAL
500	RAISING AGENT	AMMONIUM CARBONATE	MAN MADE
510	YEAST NUTRIENTS	AMMONIUM CHLORIDE	MAN MADE
380	EMULSIFIER	AMMONIUM CITRATE	NATURAL
381	IRON SUPPLEMENT	AMMONIUM FERRIC CITRATE	NATURAL
503	RAISING AGENT	AMMONIUM HYDROGEN CARBONATE	NATURAL
527	ACIDITY REDUCER	AMMONIUM HYDROXIDE	MAN MADE
442	EMULSIFIER	AMMONIUM PHOSPHATIDES	MAN MADE
545	EMULSIFIER	AMMONIUM POLYPHOSPHATES	NATURAL/MAN MADE
E160b	COLOUR	ANNATTO	NATURAL
E163	COLOUR	ANTHOCYANINS	NATURAL
E300	ANTIOXIDANT	ASCORBIC ACID	NATURAL
E304	ANTIOXIDANT	ASCORBYL PALMITATE	MAN MADE
927	FLOUR IMPROVER	AZODICARBONAMIDE	MAN MADE
901	GLAZE	BEE SWAX	NATURAL
558	ANTI-CAKING AGENT	BENTONITE	NATURAL
E210	PRESERVATIVE	BENZOIC ACID	MAN MADE
E160e	COLOUR	BETA CAROTENAL	MAN MADE
E162	COLOUR	BETANIN	NATURAL
E230	PRESERVATIVE	BIPHENYL, DIPHENYL	MAN MADE
E151	COLOUR	BLACK PN	MAN MADE
542	ANTI-CAKING AGENT	BONE PHOSPHATE	NATURAL
133	COLOUR	BRILLIANT BLUE FCF	MAN MADE
154	COLOUR	BROWN FK	MAN MADE
155	COLOUR	BROWN HT	MAN MADE
E263	ACIDITY REGULATOR	CALCIUM ACETATE	NATURAL
E404	EMULSIFIER	CALCIUM ALGINATE	NATURAL
E302	ANTIOXIDANT	CALCIUM ASCORBATE	NATURAL
E213	PRESERVATIVE	CALCIUM BENZOATE	MAN MADE
E170	ANTI-CAKING AGENT	CALCIUM CARBONATE	NATURAL
509	EXTRA BODY	CALCIUM CHLORIDE	NATURAL
E333	EXTRA BODY	CALCIUM CITRATE	NATURAL/MAN MADE
385	REMOVES TRACE METALS	CALCIUM DISODIUM EDTA	MAN MADE
E238	PRESERVATIVE	CALCIUM FORMATE	MAN MADE
578	EXTRA BODY	CALCIUM GLUCONATE	MAN MADE
623	FLAVOUR IMPROVER	CALCIUM GLUTAMATE	MAN MADE

Sheet1

E227	EXTRA BODY	CALCIUM HYDROGEN SULPHITE	MAN MADE
526	EXTRA BODY	CALCIUM HYDROXIDE	NATURAL
E327	ACIDITY REGULATOR	CALCIUM LACTATE	NATURAL
352	SEASONING	CALCIUM MALATE	NATURAL
E341b	YEAST NUTRIENTS	CALCIUM ORTHOPHOSPHATE	NATURAL/MAN MADE
529	ACIDITY REDUCER	CALCIUM OXIDE	NATURAL
E341c	ANTI-CAKING AGENT	CALCIUM PHOSPHATE	NATURAL/MAN MADE
544	EMULSIFIER	CALCIUM POLYPHOSPHATES	MAN MADE
E282	PRESERVATIVE	CALCIUM PROPIONIC	NATURAL/MAN MADE
552	ANTI-CAKING AGENT	CALCIUM SILICATE	NATURAL
E203	PRESERVATIVE	CALCIUM SORBATE	MAN MADE
E482	EMULSIFIER	CALCIUM STEAROYL-2-LACTYLATE	NATURAL
516	EXTRA BODY	CALCIUM SULPHATE	NATURAL
E226	PRESERVATIVE	CALCIUM SULPHITE	MAN MADE
E161g	COLOUR	CANTHAXANTHIN	MAN MADE/NATURAL
E160c	COLOUR	CAPSANTHIN	NATURAL
E150	COLOUR	CARAMEL	BURNT SUGAR
E290	PRESERVATIVE	CARBON DIOXIDE	NATURAL
E466	THICKENING AGENT	CARBOXYMETHYLCELLULOSE SALT	NATURAL/MAN MADE
E122	COLOUR	CARMOISINE	MAN MADE
903	GLAZE	CARNAUBA WAX	NATURAL
E410	EMULSIFIER	CAROB GUM	NATURAL
E160a	COLOUR	CAROTENE	MAN MADE/NATURAL
E407	EMULSIFIER	CARRAGEENAN	NATURAL
E460	ANTI-CAKING AGENT	CELLULOSE	NATURAL
925	PRESERVATIVE	CHLORINE	MAN /NATURAL
926	PRESERVATIVE	CHLORINE DIOXIDE	MAN MADE
E140	COLOUR	CHLOROPHYLL	NATURAL SOURCES
E141	COLOUR	CHLOROPHYLL COPPER COMPLEX	MAN MADE
E330	ACIDITY REGULATOR	CITRIC ACID	NATURAL
E472c	EMULSIFIER	CITRIC ACID ESTERS OF FAT ACID	MAN MADE
E120	COLOUR	COCHINEAL	NATURAL
E161c	COLOUR	CRYPTOXANTHIN	NATURAL
E100	COLOUR	CURCUMIN	NATURAL
E309	ANTIOXIDANT	DELTA-TOCOPHEROL	MAN MADE
540	YEAST NUTRIENTS	DICALCIUM PYROPHOSPHATE	NATURAL
900	ANTI-CAKING AGENT	DIMETHYLPOLYSILOXANE	MAN MADE
E340b	YEAST NUTRIENTS	DIPOTASSIUM ORTHOPHOSPHATE	MAN MADE
E331b	ACIDITY REGULATOR	DISODIUM CITRATE	NATURAL
E450a1	STABILIZER	DISODIUM DIPHOSPHATE	MAN MADE
E312	ANTIOXIDANT	DODECYL GALLATE	NATURAL
E127	COLOUR	ERYTHROSINE	MAN MADE
E475	EMULSIFIER	ESTERS OF CASTOR OIL	MAN MADE
E478	EMULSIFIER	ESTERS OF GLYCEROL	MAN MADE
E215	PRESERVATIVE	ETHYL 4 HYDROXYBENZOATE, SALT	MAN MADE
E214	PRESERVATIVE	ETHYL BENZOATE	MAN MADE
E160f	COLOUR	ETHYL ESTER CAROTENIOL ACID	MAN MADE
637	FLAVOUR IMPROVER	ETHYL MALTOL	MAN MADE
E465	EMULSIFIER	ETHYLMETHYLCELLULOSE	NATURAL/MAN MADE

Sheet1

478	STABILIZER	FATTY ACID ESTERS OF GLYCEROL	MAN MADE
E470	EMULSIFIER	FATTY ACID SALTS	NATURAL/MAN MADE
E161a	COLOUR	FLAVOXANTHIN, XANTHOPHYLLS	NATURAL
E236	PRESERVATIVE	FORMIC ACID, METHANOIC ACID	NATURAL
297	ACIDITY REGULATOR	FUMARIC ACID	NATURAL
E308	ANTIOXIDANT	GAMMA-TOCOPHEROL	MAN MADE
575	RAISING AGENT	GLUCONO DELTA LACTONE	MAN MADE
620	FLAVOUR IMPROVER	GLUTAMIC ACID	NATURAL/ MAN MADE
E471	EMULSIFIER	GLYCERIDES OF FATTY ACID	NATURAL/MAN MADE
E422	WATER RETAINER	GLYCEROL, GLYCERIN	NATURAL/MAN MADE
E405	EMULSIFIER	GLYCOL ALGINATE	NATURAL
E175	COLOUR	GOLD	NATURAL
E142	COLOUR	GREEN S	MAN MADE
E412	THICKENING AGENT	GUAR GUM	NATURAL
E414	EMULSIFIER	GUM ARABIC	NATURAL
370	ACIDS	HEPTONOLACTONE	MAN MADE
E239	PRESERVATIVE	HEXAMINE	MAN MADE
507	ACIDS	HYDROCHLORIC ACID	NATURAL
E320	ANTIOXIDANT	HYDROXYANISOLE (BHA)	MAN MADE
E231	PRESERVATIVE	HYDROXYBIPHENYL	MAN MADE
E436	EMULSIFIER	HYDROXYPROPYLCELLULOSE	MAN MADE
E463	STABILIZER	HYDROXYPROPYLCELLULOSE	MAN MADE
E321	ANTIOXIDANT	HYDROXYTOLUENE (BHT)	MAN MADE
E464	EMULSIFIER	HYPROMELLOSE	MAN MADE
E132	COLOUR	INDIGO CARMINE	MAN MADE
E172	COLOUR	IRON OXIDE	NATURAL
559	ANTI-CAKING AGENT	ALUMINIUM SILICATE, KAOLIN	NATURAL
416	EMULSIFIER	KARAYA GUM	NATURAL
920	FLAVOUR IMPROVER	L-CYSTEINE HYDROCHLORIDE	MAN MADE/NATURAL
E270	ACIDS	LACTIC ACID	NATURAL
E472b	EMULSIFIER	LACTIC ACID ESTERS OF FAT ACID	MAN MADE
E322	ANTIOXIDANT	LECITHIN	NATURAL
E161b	COLOUR	LUTEIN	NATURAL
E160d	COLOUR	LYCOPENE	NATURAL
504	ANTI-CAKING AGENT	MAGNESIUM CARBONATE	NATURAL
528	ACIDITY REDUCER	MAGNESIUM HYDROXIDE	NATURAL/MAN MADE
530	ANTI-CAKING AGENT	MAGNESIUM OXIDE	NATURAL
553a	ANTI-CAKING AGENT	MAGNESIUM SILICATE	NATURAL/MAN MADE
572	ANTI-CAKING AGENT	MAGNESIUM STEARATE	MAN MADE
518	EXTRA BODY	MAGNESIUM SULPHATE	NATURAL
296	ACIDITY REGULATOR	MALIC ACID	NATURAL/MAN MADE
636	FLAVOUR IMPROVER	MALTOL	NATURAL/MAN MADE
E421	WATER RETAINER	MANNITOL	NATURAL/MAN MADE
353	REMOVES TRACE METALS	METATARTARIC ACID	NATURAL
E218	PRESERVATIVE	METHYL 4 HYDROXYBENZOATE	MAN MADE
E219	PRESERVATIVE	METHYL 4 HYDROXYBENZOATE, SAL	MAN MADE
E461	EMULSIFIER	METHYLCELLULOSE	MAN MADE
907	GLAZE	MICROCRYSTALLINE WAX	MAN MADE
905	GLAZE	MINERAL HYDROCARBON	MAN MADE

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622	FLAVOUR IMPROVER	MONO POTASSIUM GLUTAMATE	MAN MADE
621	FLAVOUR IMPROVER	MONO SODIUM GLUTAMATE	NATURAL/MAN MADE
E341a	EXTRA BODY	MONOCALCIUM PHOSPHATE	NATURAL/MAN MADE
E336	ACIDS	MONOPOTASSIUM TARTRATE	NATURAL/MAN MADE
375	COLOUR	NICOTINIC ACID, NIACIN	NATURAL
234	PRESERVATIVE	NISIN	MAN MADE
E311	ANTIOXIDANT	OCTYL GALLATE	NATURAL
E338	ACIDS	PHOSPHORIC ACID	NATURAL/MAN MADE
E131	COLOUR	PATENT BLUE V	MAN MADE
E440a	THICKENING AGENT	PECTIN, AMIDATED PECTIN	NATURAL
476	STABILIZER	POLYGLYCEROL POLYRICINOLEATE	MAN MADE
431	EMULSIFIER	POLYOXYETHYLENE 40 STEARATE	MAN MADE
430	EMULSIFIER	POLYOXYETHYLENE 8 STEARATE	NATURAL/MAN MADE
E124	COLOUR	PONCEAU	MAN MADE
E261	ACIDITY REGULATOR	POTASSIUM ACETATE	NATURAL
E402	EMULSIFIER	POTASSIUM ALGINIC	NATURAL
E212	PRESERVATIVE	POTASSIUM BENZOATE	MAN MADE
924	FLOUR IMPROVER	POTASSIUM BROMATE	MAN MADE
501	ACIDITY REDUCER	POTASSIUM CARBONATE	MAN MADE
508	THICKENING AGENT	POTASSIUM CHLORIDE	NATURAL
577	YEAST NUTRIENTS	POTASSIUM GLUCONATE	MAN MADE
536	ANTI-CAKING AGENT	POTASSIUM HEXACYANOFERRATE	MAN MADE
525	ACIDITY REDUCER	POTASSIUM HYDROXIDE	MAN MADE
E326	ACIDITY REGULATOR	POTASSIUM LACTATE	NATURAL
351	ACIDITY REGULATOR	POTASSIUM MALATE	MAN MADE
E224	PRESERVATIVE	POTASSIUM METABISULPHATE	MAN MADE
E252	PRESERVATIVE	POTASSIUM NITRATE	NATURAL
E249	PRESERVATIVE	POTASSIUM NITRITE	MAN MADE
E340a	EMULSIFIER	POTASSIUM ORTHOPHOSPHATE	MAN MADE
E283	PRESERVATIVE	POTASSIUM PROPIONIC	NATURAL/MAN MADE
E337	STABILIZER	POTASSIUM SODIUM TARTRATE	NATURAL/MAN MADE
E202	PRESERVATIVE	POTASSIUM SORBATE	MAN MADE
515	SALT SUBSTITUTE	POTASSIUM SULPHATE	NATURAL
E477	EMULSIFIER	PROPANE ESTERS OF FATTY ACIDS	MAN MADE
E280	PRESERVATIVE	PROPIONIC ACID	NATURAL/MAN MADE
E216	PRESERVATIVE	PROPYL 4 HYDROXYBENZOATE	MAN MADE
E217	PRESERVATIVE	PROPYL 4 HYDROXYBENZOATE, SAL	MAN MADE
E310	ANTIOXIDANT	PROPYL GALLATE	NATURAL
E104	COLOUR	QUINOLINE	MAN MADE
128	COLOUR	RED 2G	MAN MADE
E161f	COLOUR	RHODOXANTHIN	NATURAL
E101	COLOUR	RIBOFLAVIN	NATURAL
E180	COLOUR	RUBINE, LITHOL RUBINE	MAN MADE
E161d	COLOUR	RUBIXANTHIN	NATURAL
904	GLAZE	SHELLAC	NATURAL
551	ANTI-CAKING AGENT	SILICON DIOXIDE, SILICA	NATURAL
E174	COLOUR	SILVER	NATURAL
262	ACIDITY REGULATOR	SODIUM ACETATE	NATURAL
E401	EMULSIFIER	SODIUM ALGINIC	NATURAL

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541	RAISING AGENT	SODIUM ALUMINIUM PHOSPHATE	MAN MADE
E301	ANTIOXIDANT	SODIUM ASCORBATE	MAN MADE
E211	PRESERVATIVE	SODIUM BENZOATE	MAN MADE
E232	PRESERVATIVE	SODIUM BIPHENYL	MAN MADE
E222	PRESERVATIVE	SODIUM BISULPHITE	MAN MADE
E331a	ACIDITY REGULATOR	SODIUM DIHYDROGEN CITRATE	NATURAL
E237	PRESERVATIVE	SODIUM FORMATE	MAN MADE
576	YEAST NUTRIENTS	SODIUM GLUCONATE	MAN MADE
627	FLAVOUR IMPROVER	SODIUM GUANYLATE	MAN MADE
535	ANTI-CAKING AGENT	SODIUM HEXACYANOFERRATE	MAN MADE
E262	REMOVES TRACE METALS	SODIUM HYDROGEN DIACETATE	NATURAL
350	WATER RETAINER	SODIUM HYDROGEN MALATE	NATURAL/MAN MADE
E339	STABILIZER	SODIUM HYDROGEN ORTHOPHOSPHATE	MAN MADE
524	ACID NEUTRALISER	SODIUM HYDROXIDE	MAN MADE
631	FLAVOUR IMPROVER	SODIUM INOSINATE	NATURAL
E325	WATER RETAINER	SODIUM LACTATE	NATURAL
E223	PRESERVATIVE	SODIUM METABISULPHITE	MAN MADE
E251	PRESERVATIVE	SODIUM NITRATE	NATURAL
E250	PRESERVATIVE	SODIUM NITRITE	MAN MADE
E450c	EMULSIFIER	SODIUM POLYPHOSPHATES	MAN MADE
E281	PRESERVATIVE	SODIUM PROPIONIC	NATURAL/MAN MADE
635	FLAVOUR IMPROVER	SODIUM RIBONUCLEOTIDE	MAN MADE
E201	PRESERVATIVE	SODIUM SORBATE	MAN MADE
E481	EMULSIFIER	SODIUM STEAROYL-2-LACTYLATE	NATURAL
514	DISSOLVER	SODIUM SULPHATE, GLAUBER SALT	NATURAL
E221	PRESERVATIVE	SODIUM SULPHITE	MAN MADE
E335	STABILIZER	SODIUM TARTRATE	NATURAL/MAN MADE
E450b	EMULSIFIER	SODIUM TRIPOLYPHOSPHATE	MAN MADE
E200	PRESERVATIVE	SORBIC ACID	MAN MADE/NATURAL
433	EMULSIFIER	SORBITAN MONO-OLEATE, TWEEN 80	MAN MADE
494	EMULSIFIER	SORBITAN MONO-OLEATE	MAN MADE
493	EMULSIFIER	SORBITAN MONOLAURATE	NATURAL
432	EMULSIFIER	SORBITAN MONOLAURATE, TWEEN 20	NATURAL/MAN MADE
434	EMULSIFIER	SORBITAN MONOPALMITATE, TWEEN 20	MAN MADE
495	EMULSIFIER	SORBITAN MONOPALMITATE	NATURAL
491	EMULSIFIER	SORBITAN MONOSTEARATE	MAN MADE
435	EMULSIFIER	SORBITAN MONOSTEARATE, TWEEN 20	MAN MADE
492	EMULSIFIER	SORBITAN TRISTEARATE	MAN MADE
436	EMULSIFIER	SORBITAN TRISTEARATE, TWEEN 65	MAN MADE
E420	WATER RETAINER	SORBITOL	NATURAL/MAN MADE
570	ANTI-CAKING AGENT	STEARIC ACID	MAN MADE/NATURAL
E483	EMULSIFIER	STEARYL TARTRATE	NATURAL
363	ACIDS	SUCCINIC ACID	NATURAL/MAN MADE
E474	EMULSIFIER	SUCROGLYCERIDES	NATURAL/MAN MADE
E473	EMULSIFIER	SUCROSE ESTERS OF FATTY ACIDS	NATURAL/MAN MADE
E220	ANTIOXIDANT	SULPHUR DIOXIDE	NATURAL/MAN MADE
513	ACIDS	SULPHURIC ACID	NATURAL
E110	COLOUR	SUNSET YELLOW	MAN MADE
553b	ANTI-CAKING AGENT	TALC, FRENCH CHALK	NATURAL

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E334	ACIDS	TARTARIC ACID	NATURAL
E102	COLOUR	TARTRAZINE	MAN MADE
E450a2	THICKENING AGENT	TETRASODIUM DIPHOSPHATE	MAN MADE
E450a3	ANTI-CAKING AGENT	TETRASODIUM PYROPHOSPHATE	MAN MADE
E233	PRESERVATIVE	THIABENDAZOLE	MAN MADE
E171	COLOUR	TITANIUM DIOXIDE	NATURAL
E306	ANTIOXIDANT	TOCOPHEROL	NATURAL
E413	EMULSIFIER	TRAGACANTH	NATURAL
E332	STABILIZER	POTASSIUM CITRATE	NATURAL
E331c	ACIDITY REGULATOR	TRISODIUM CITRATE, CITROSODINE	NATURAL
E153	COLOUR	VEGETABLE CARBON	NATURAL
E161e	COLOUR	VIOLOXANTHIN	NATURAL
E415	STABILIZER	XANTHAN GUM	MAN MADE
107	COLOUR	YELLOW 2G	MAN MADE
NONE	ENZYME	RENNET	NATURAL
NONE	SWEETENERS	ACESULFAME	
NONE	SWEETENERS	ASPARTAME	
NONE	SWEETENERS	CALCIUM SACCHARIN	MAN MADE
NONE	SWEETENERS	CYCLOHEXYLSULPHAMIC ACID	MAN MADE
NONE	SWEETENERS	HYDROGENATED GLUCOSE SYRUP	NATURAL/MAN MADE
NONE	SWEETENERS	ISOMALTITOL	MAN MADE
NONE	SWEETENERS	LACTITOL	MAN MADE
NONE	SWEETENERS	SACCHARIN	MAN MADE
NONE	SWEETENERS	SODIUM CYCLAMATE	MAN MADE
NONE	SWEETENERS	THAUMATIN	MAN MADE
NONE	SWEETENERS	XYLITOL	MAN MADE
NONE	THICKENING AGENT	ACETYLATED DISTARCH ADIPATE	
NONE	THICKENING AGENT	ACETYLATED DISTARCH GLYCEROL	
NONE	THICKENING AGENT	ACETYLATED DISTARCH PHOSPHATIMAN	MADE
NONE	THICKENING AGENT	AMYLOSE & AMYLOPECTIN	
NONE	THICKENING AGENT	BLEACHED STARCH	NATURAL
NONE	THICKENING AGENT	DISTARCH GLYCEROL	NATURAL
NONE	THICKENING AGENT	FURCELLERAN	NATURAL
NONE	THICKENING AGENT	GUM GHATTI	NATURAL
NONE	THICKENING AGENT	HYDROXYPROPYL DISTARCH	NATURAL
NONE	THICKENING AGENT	HYDROXYPROPYL STARCH	NATURAL
NONE	THICKENING AGENT	MONOSTARCH PHOSPHATE	MAN MADE
NONE	THICKENING AGENT	TARA GUM	NATURAL
NONE	FLOUR IMPROVER	ACETONE PEROXIDE	MAN MADE
NONE	FLOUR IMPROVER	AMMONIUM PERSULPHATE	MAN MADE
NONE	FLOUR IMPROVER	CALCIUM IODATE	
NONE	FLOUR IMPROVER	CALCIUM PEROXIDE	
NONE	FLOUR IMPROVER	POTASSIUM IODATE	
NONE	FLOUR IMPROVER	POTASSIUM PERSULPHATE	
NONE	ANTIOXIDANTS	ANOXOMER	
NONE	ANTIOXIDANTS	ASCORBYL STEARATE	
NONE	ANTIOXIDANTS	DILAURY THIODIPROPIONATE	
NONE	ANTIOXIDANTS	DISTEARYL THIODIPROPIONATE	
NONE	ANTIOXIDANTS	ETHOXYQUIN	

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NONE	ANTIOXIDANTS	ETHYL PROTOCATECHUATE	
NONE	ANTIOXIDANTS	GUAIAC RESIN	NATURAL
NONE	ANTIOXIDANTS	ISOAMYLGALLATE	
NONE	ANTIOXIDANTS	ISOASCORBIC ACID	
NONE	ANTIOXIDANTS	ISOPROPYL CITRATE	
NONE	ANTIOXIDANTS	NORDIHYDROGUAIARETIC ACID	MAN MADE
NONE	ANTIOXIDANTS	POTASSIUM ASCORBATE	MAN MADE
NONE	ANTIOXIDANTS	SODIUM ERYTHORATE	MAN MADE
NONE	ANTIOXIDANTS	SODIUM THIOSULPHATE	MAN MADE
NONE	ANTIOXIDANT	STANNOUS CHLORIDE	
899	FLAVOUR	DIPPO TURN OFF	
PAUL	DAIRY PRODUCE	ALL CHEESES	NATURAL

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USED IN PROCESSING  
HARMLESS  
HARMLESS MOSTLY  
AVOID  
AVOID  
AVOID  
BENEFICIAL  
AVOID  
HARMLESS  
HARMLESS  
HARMLESS  
LIMIT INTAKE  
AVOID  
HARMLESS  
BENEFICIAL  
BEST AVOID  
HARMLESS  
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HARMLESS  
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HARMLESS  
HARMLESS  
HARMLESS  
LIMIT INTAKE  
HARMLESS  
LIMIT USE  
HARMLESS  
HARMLESS  
HARMLESS  
HARMLESS  
HARMLESS  
AVOID  
USED IN PROCESSING  
DO NOT EAT THIS !!  
AVOID

HARMLESS  
AVOID EATING THIS !!  
HARMLESS  
BENEFICIAL  
AVOID IF PREGNANT  
HARMLESS  
BENEFICIAL  
HARMLESS  
HARMLESS  
HARMLESS  
BEST AVOID  
HARMLESS  
HARMLESS  
DO NOT EAT THIS !!  
HARMLESS

LIMIT INTAKE

LIMIT INTAKE  
LIMIT INTAKE

LIMIT INTAKE

LIMIT INTAKE

LIMIT INTAKE

HARMLESS  
MUST AVOID

Sheet1

E\_NOTES,C,150

VINEGAR MAY CAUSE/AGGRAVATE STOMACH ULCERS.

HEXANEDIOIC ACID

MADE FROM SEAWEED. ALSO CALLED JAPANESE ISINGLASS

MADE FROM SEAWEED

LINKED TO CANCER. BANNED IN MANY COUNTRIES.

VITAMIN E

MAY AFFECT NERVOUS SYSTEM. CAN TURN YOUR SKIN A STRANGE BLUE COLOUR !

MAY AFFECT NERVOUS SYSTEM.

MAY AFFECT BRAIN AND NERVOUS SYSTEM.

RED COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN & ASTHMATICS. CAUSES SKIN RASH. LINKED TO CANCER

MADE FROM SEAWEED

CAN UPSET STOMACH. ALSO BAKING POWDER, SODIUM BICARBONATE

DO NOT TAKE IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS.

CAN CAUSE FLATULENCE. ALSO CALLED HARTSHORN.

CONTROL INTAKE

YELLOW COLOR. ALSO BIXIN & NORBIXIN. AVOID GIVING TO BABIES/CHILDREN, MAY CAUSE HYPERACTIVITY.

RED BLUE AND VIOLET COLOR. ASTHMATICS TO AVOID.

VITAMIN C

LOW QUANTITIES IN FINAL PRODUCT

NOT FOR ASHMATICS OR BABIES/CHILDREN. MAY CAUSE BRAIN DAMAGE.

ORANGE COLOR

RED COLOR FROM BEETROOT. ALSO CALLED BETANIDIN.

USED ON SKIN OF FRUIT. NOT FOR BABIES/CHILDREN. CAN CAUSE IRRITATION OF SKIN.

BANNED IN THE USA. DO NOT GIVE TO CHILDREN/BABIES. MAY CAUSE INTESTINAL CYSTS. ALSO CALLED BRILLIA

BLUE COLOR, DO NOT GIVE TO CHILDREN/BABIES.

ALSO KIPPER BROWN, FOOD BROWN. BANNED IN THE USA & MANY COUNTRIES WORLDWIDE. CAN CAUSE GENE

BANNED IN THE USA & MANY COUNTRIES WORLDWIDE. CAN CROSS THE PLACENTA, ITS EFFECT ON THE HUMAN

MADE FROM SEAWEED

SYNTHETIC VITAMIN C. AVOID IF YOU HAVE KIDNEY PROBLEMS.

NOT FOR ASHMATICS OR BABIES/CHILDREN.

CHALK

MAY DAMAGE KIDNEYS.

LIMIT INTAKE

DO NOT GIVE TO BABIES. USED AS A SALT SUBSTITUTE

Sheet1

NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST

DO NOT GIVE TO BABIES

ALSO CALLED QUICKLIME

CONTROL INTAKE

CAN CAUSE BAD HEADACHES. BANNED IN SOME FOOD INDUSTRIES. (esp. BAKERIES)

ALSO CALLED GYPSUM & PLASTER OF PARIS.

NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST

ORANGE COLOR, MAY CAUSE SPOTTING OF RETINA

RED COLOR FROM PAPRIKA. ALSO CALLED CAPSORUBIN.

VARIOUS TYPES SOME CAUSE STOMACH UPSET AND REDUCE WHITE CELL COUNT. USED IN MANY PRODUCTS. T

ALSO CALLED CARMELLOSE SODIUM

RED COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN & ASTHMATICS. MAY CAUSE HYPERACTIVITY. CAUSES S

ALSO CALLED LOCUST BEAN GUM & CERATONIA GUM.

ALPHA-CAROTENE, BETA-CAROTENE, GAMMA-CAROTENE. USE AS VITAMIN SOURCE TO BE CONTROLLED FOR B

MADE FROM SEAWEED. LIMIT INTAKE AS IT MAY BE LINKED TO CANCER OF THE COLON.

ALSO MICROCRYSTALLINE CELLULOSE & ALPHA-CELLULOSE

USED TO BLEACH FLOUR. AVOID EATING.

USED TO BLEACH FLOUR. AVOID EATING.

GREEN COLOR

ALSO CALLED COPPER PHAEOPHYTINS.

RED COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN, MAY CAUSE HYPERACTIVITY. MADE FROM PREGNANT S

YELLOW COLOR

MADE FROM TUMERIC ROOT, USED EXTENSIVELY IN INDIAN DISHES SUCH AS PILLAU RICE

VITAMIN E

MAY CONTAIN CANCER FORMING SUBSTANCES.

DO NOT GIVE TO ASTHMATICS OR BABIES/CHILDREN.

RED COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN & ASTHMATICS. BANNED IN THE USA. LINKED TO CANCER

NOT FOR BABIES/CHILDREN. CAN CAUSE SKIN RASH.

NOT FOR ASHMATICS OR BABIES/CHILDREN.

YELLOW COLOR



YELLOW COLOR  
BANNED IN THE UK. CAN CAUSE URINARY TRACT DISORDERS.

VITAMIN E

DO NOT GIVE TO BABIES. NOT USED IN USA.

MILD LAXATIVE.

MADE FROM SEAWEED

DON'T EAT IT, INVEST IT !

CAN DAMAGE THYROID GLAND AND CAUSE ANAEMIA. ALSO CALLED ACID BRILLIANT GREEN & LISSAMINE GREEN

LIMIT INTAKE. MAY CAUSE FLATULENCE. ALSO JAGUAR GUM, CLUSTER BEAN & GUAR FLOUR.

ALSO CALLED KORDOFAN GUM, GUM HASHAB, ACACIA AND SUDAN GUM.

LINKED TO CANCER AND GENE MUTATION.

DO NOT GIVE TO BABIES/CHILDREN. MAY CAUSE STOMACH CANCER. MAY CAUSE HYPERACTIVITY.

DO NOT GIVE TO BABIES/CHILDREN. MAY CAUSE STOMACH CANCER. MAY CAUSE HYPERACTIVITY IN CHILDREN.

ALSO CALLED HYDROXYPROPYLMETHYLCELLULOSE

BLUE COLOR, CAUSES SICKNESS HIGH BLOOD PRESSURE AND TREMORS. MAY AFFECT BREATHING. ALSO CALL

ALSO INDIAN TRAGACANTH & STERCULIA GUM

YELLOW COLOR

RED COLOR NOT FULLY EVALUATED

CAN CAUSE FLATULENCE. ALSO CALLED MAGNESITE.

DO NOT TAKE IF YOUR KIDNEYS ARE IMPAIRED. ALSO CALLED EPSON SALTS OR EPSOMITE

DO NOT GIVE TO BABIES / CHILDREN

DO NOT GIVE TO BABIES / CHILDREN. MAY CAUSE HYPERSENSITIVITY. ALSO CALLED MANNA SUGAR.

NOT FOR BABIES/CHILDREN & ASTHMATICS. CAN CAUSE SKIN RASH.

NOT FOR BABIES/CHILDREN . CAN CAUSE SKIN RASH.

CAUSES FLATULENCE. ALSO CALLED METHOCEL & COLOGEL

MAY CAUSE CANCER.

MAY CAUSE BOWEL CANCER.

Sheet1

DO NOT GIVE TO BABIES.

DO NOT GIVE TO BABIES. NOT USED IN BABY FOODS IN USA. WIDELY USED IN CHINESE COOKING. ALSO CALLED

CREAM OF TARTAR

VITAMIN B. ALSO CALLED NICOTINAMIDE.

LIMIT INTAKE

DO NOT GIVE TO ASTHMATICS OR BABIES/CHILDREN.

ORTHOPHOSPHORIC ACID

CAUSES SICKNESS LOW BLOOD PRESSURE AND TREMORS.

MAY CAUSE FLATULENCE. A MILD EXPLOSION BETWEEN THE LEGS FOLLOWED BY A STRANGE ORDOUR.

MAY CAUSE KIDNEY STONES.

RED COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN & ASTHMATICS.

MAY DAMAGE KIDNEYS.

MADE FROM SEAWEED. ALSO CALLED POTASSIUM POLYMANNURONATE

NOT FOR ASHMATICS OR BABIES/CHILDREN.

MAY CAUSE STOMACH ULCERS.

MAY REDUCE OXYGEN IN BLOOD STREAM.

DO NOT GIVE TO BABIES

NOT FOR BABIES/CHILDREN OR SUFFERERS OF KIDNEY/LIVER PROBLEMS. MUST NOT BE TAKEN BY ASTHMATIC

REDUCES OXYGEN CARRYING CAPACITY OF YOUR BLOOD. LINKED TO CANCER. ALSO CALLED SALTPETRE.

REDUCES OXYGEN CARRYING CAPACITY OF YOUR BLOOD.

MAY UPSET BALANCE OF CALCIUM/PHOSPHOROUS IN BODY.

CAN CAUSE BAD HEADACHES.

ROCHELLE SALT

NOT FOR BABIES/CHILDREN. CAN CAUSE SKIN RASH.

NOT FOR BABIES/CHILDREN & ASTHMATICS. CAN CAUSE SKIN RASH.

DO NOT GIVE TO ASTHMATICS OR BABIES/CHILDREN.

YELLOW COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN

CAN CAUSE ANAEMIA. DO NOT GIVE TO CHILDREN/BABIES.

EEC PROPOSAL TO BAN ITS USE

YELLOW / ORANGE COLOR. ALSO CALLED LACTOFLAVIN, VITAMIN B2.

RED COLOUR OF EDAM CHEESE RIND. DO NOT GIVE TO BABIES/CHILDREN MAY CAUSE HYPERACTIVITY.

YELLOW COLOR

CONSTITUENT PART OF FRENCH POLISH. MADE FROM SCALE INSECTS.

CAN TURN YOUR SKIN A STRANGE BLUE COLOUR !

STABILIZES ACID

MADE FROM SEAWEED

Sheet1

MAY AFFECT NERVOUS SYSTEM.  
SYNTHETIC VITAMIN C  
NOT FOR ASHMATICS OR BABIES/CHILDREN.

NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST

LIMIT INTAKE

DO NOT GIVE TO BABIES. DO NOT TAKE IF YOU SUFFER FROM GOUT.

MAY UPSET BALANCE OF CALCIUM/PHOSPHOROUS IN BODY.  
ALSO CALLED CAUSTIC SODA OR LYE.  
DO NOT GIVE TO BABIES. DO NOT TAKE IF YOU SUFFER FROM GOUT.  
DO NOT GIVE TO BABIES  
NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST  
REDUCES OXYGEN CARRYING CAPACITY OF YOUR BLOOD. LINKED TO CANCER. ALSO CALLED CHILE SALTPETRE  
REDUCES OXYGEN CARRYING CAPACITY OF YOUR BLOOD. LINKED TO CANCER.  
HIGH INTAKE MAY CAUSE KIDNEY STONES  
CAN CAUSE BAD HEADACHES.  
DO NOT GIVE TO BABIES. DO NOT TAKE IF YOU SUFFER FROM GOUT.

DO NOT GIVE TO BABIES. AVOID IF YOU HAVE KIDNEY/LIVER PROBLEMS.  
NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST

MAY CAUSE SKIN RASHES

DO NOT GIVE TO BABIES / CHILDREN.

NOT FOR BABIES/CHILDREN OR IF YOU SUFFER FROM KIDNEY/LIVER PROBLEMS . CAN CAUSE IRRITATION OF ST

YELLOW COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN, ASTHMATICS. LINKED TO CANCER. CAUSES SICKNE  
MAY CAUSE STOMACH CANCER.

Sheet1

ALSO CALLED YELLOW 5. CAUSES BLURRED VISION, SKIN RASHES AND HYPERACTIVITY IN CHILDREN

CAN DAMAGE FOETUS. (UNBORN CHILD)

VITAMIN E

ALSO CALLED DRAGON GUM.

BANNED IN THE USA. IMPURITIES MAY CAUSE CANCER.

YELLOW COLOR

ALSO CALLED CORN SUGAR GUM

YELLOW COLOR DO NOT GIVE TO BABIES/YOUNG CHILDREN, ASTHMATICS

USED IN CHEESE MAKING

CAUSES HEADACHES AND SWEATING