



MSG

Mono Sodium Glutamate

MSG is a sodium salt of Glutamic Acid, an amino acid and is a drug. It acts as an excitatory neurotransmitter. It basically causes the nerve cells to discharge an electrical impulse and that's the basis of its use as a flavor enhancer. Food companies learned that MSG could increase the flavor and aroma and enhance acceptability of commercial food products.

The food industry knows that people are getting smart about looking for MSG, so there are a lot of other names that they are now using to disguise it. MSG is addictive and has a ton of harmful side effects.

Other Names for MSG

- Glutamate Textured protein
- Monosodium glutamate
- Hydrolyzed protein
- Protein Hydrolysate
- Textured protein
- Hydrolyzed Vegetable Protein
- Monopotassium glutamate
(any protein that is hydrolyzed)
- Natural Flavor
- Yeast extract
- Calcium caseinate
- Yeast food
- Sodium caseinate
- Autolyzed yeast
- Gelatin Yeast nutrient

These items often contain MSG

- Malt extract Flavors(s) & Flavoring(s)
- Malt flavoring Natural flavor(s) & flavoring(s)
- Barley malt Natural pork flavoring
- Bouillon Natural beef flavoring
- Stock Natural chicken flavoring
- Broth Seasonings
(the word "seasonings")
- Carrageenan Soy sauce
- Maltodextrin Soy sauce extract
- Whey protein Soy protein
- Whey protein isolate Soy protein isolate
- Whey protein concentrate Soy protein concentrate
- Pectin anything Protein fortified
- anything Enzyme modified

*This is a good list of MSG products/disguises. However, there are many more out there.

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