

Glutamate is a non-essential amino acid bound as a protein in whole foods (bound glutamic acid) or unbound (free) in processed foods (free glutamic acid). Glutamate is a neurotransmitter that regulates the nervous system. The body only needs a tiny amount for proper nerve function and when excess occurs it can cause rapid nerve firing and many other symptoms.

| Substances below <u>ALWAYS</u> contain processed free glutamic acid (the G in MSG) | The substances below <u>OFTEN</u> contain free glutamic acid. | The substances below can <u>trigger highly sensitive people.</u> |
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| <p>MSG-Monosodium Glutamate Yeast Extract Soy Protein Calcium Glutamate Glutamate Yeast Nutrients Soy Protein Concentrate Magnesium Glutamate Autolyzed Yeast Natrium Glutamate Anything "Hydrolyzed" Monopotassium glutamate Anything "Protein Fortified" Autolyzed Plant Protein Whey Protein Textured Protein Whey Protein Isolate Calcium Caseinate Anything "Enzyme Modified" Gelatin Anything "Fermented" Vegetable Protein Extract Anything Containing "Protease"</p> | <p>Bouillon and Broth or Stock (homemade cooked low under 3 hours is okay) Anything "Flavors" Anything "Flavoring" or Natural Flavor Malted Barley Malt Extract Maltodextrin Anything "Ultra-Pasteurized" Pectin (E440) Oligodextrin Brewer's Yeast Carrageenan (E407) Low or No Fat Items Barley Malt Citric Acid (corn), Citrate (E330) Caramel Coloring "Flavoring" "Seasonings" When Not Labeled Individually Smoke Flavoring Dough Conditioners Amino Acids (think Braggs) Soy Sauce Soy Extract Protein Powders</p> | <p>Corn Starch Lipolyzed Butter Fat Milk Powder Certain Amino Acid Chelates Corn Syrup High-FructoseCorn Syrup Dextrose Reduced Fat Milk Anything "Vitamin Enriched" Modified Food Starch Rice Syrup Most Things "Low Fat" or "No Fat" Anything "Pasteurized" Fructose from Corn Brown Rice Syrup Anything "Enriched" Balsamic Vinegar Any gums (guar, xantham, etc.)</p> <div data-bbox="1036 1213 1419 1419" style="border: 1px solid black; padding: 5px;"> <p>IMPORTANT! The higher the processing temp or degrading of a protein, the higher glutamic acid content.</p> </div> <div data-bbox="1036 1419 1419 1873" style="border: 1px solid black; padding: 5px;"> <p>IMPORTANT! Glutamic acid is found in its bound form in certain foods. Dairy and Wheat are high in bound (natural, not related to processing) glutamate. I am SEVERELY Reactive to free glutamate (processed protein) but only mildly reactive to bound glutamate (naturally found in food).</p> </div> |

