

ALWAYS HAS MSG OR
GLUTAMATES:

Autolyzed plant protein
Autolyzed yeast
Calcium caseinate
Gelatin
Glutamate
Glutamic Acid
Hydrolyzed plant protein (HPP)
Hydrolyzed vegetable protein (HVP)
Monopotassium glutamate
Monosodium Glutamate
MSG
Sodium caseinate
Textured protein
Vegetable protein extract
Yeast extract

OFTEN CONTAIN MSG OR
GLUTAMATES:

Algae, phytoplankton, sea vegetable
powders
Amino Acids
Annatto
Anything enriched or vitamin enriched
Artificial flavor (wheat extract is called
Senomyx)
Carageenan
Caramel coloring or flavor
Citric acid (when processed from corn)
Corn syrup and corn syrup solids
Corn, wheat, rice, or oat protein

Cornstarch, dextrose, dextrin
Dough conditioners like lecithin, whey
protein, L-cysteine)
Enzyme modified anything
Fermented anything
Flavors, flavoring
Flowing agents
Gluten and gluten flours
Gums (guar or vegetable)
Lecithin (if from hydrolyzed soy
products)

Lipolyzed butter fat
Low or no fat items
Malted barley, malt extract or flavoring
Maltodextrin
Milk powder and dry milk
Modified food starch
Natural chicken, beef, or pork flavoring
Pectin
Protein fortified anything including milk
Protein powders of all types
Rice syrup or brown rice syrup
Seasonings
Soy sauce or extract
Soy protein, soy protein isolate or
concentrate
spice
Stock, broth, or bouillon
Ultra-pasteurized anything
Whey protein isolate or concentrate

ALSO WATCH OUT FOR:

Enzymes as found in malted barley flour
gelcaps
Protease
Potease enzymes
Reaction flavors