

Information From: **TRADITIONAL OVEN** (<http://www.traditionaloven.com/articles/122/>)

A listing of what additives and preservatives cause harm to our health

Hyperactivity (H) - Asthma (A) - Cancer (C)

Aluminium (preservatives) - - C  
Potassium & Calcium Sorbates, Sorbic Acid (preservatives) H A -  
Benzoic Acid (preservatives) H A C  
Sodium Benzoate (preservatives) H A -  
Potassium Benzoate (preservatives) - A -  
Calcium Benzoate (preservatives) - A -  
Ethyl Para Hydroxybenzoate (preservatives) - A -  
Sodium Ethyl Para Hydroxybenzoate (preservatives) - A -  
Propyl P Hydroxybenzoate, Propylparaben (preservatives) - A -  
Sodium Propyl P Hydroxybenzoate (preservatives) - A -  
Sulphur Dioxide (preservatives) H A -  
Sodium Sulphite (preservatives) - A -  
Sodium Bisulphite (preservatives) - A -  
Sodium Metabisulphite (preservatives) - A -  
Potassium Metabisulfite (preservatives) - A -  
Potassium Sulfite (preservatives) - A -  
Calcium Sulphite (preservatives) - A -  
Calcium Hydrogen Sulphite (preservatives) - A -  
Potassium Bisulphite, Potassium Hydrogen Sulphite (preservatives) H A -  
Diphenyl, Biphenyl (preservatives) - - C  
Orthophenyl Phenol (preservatives) - - C  
Formic Acid (preservative) - - C  
Hexamine, Hexamethylene Tetramine (preservatives) - - C  
Potassium Nitrate (preservative) - A C  
Sodium Nitrite (preservative) H A C  
Acetic Acid, Glacial (preservatives) - A -  
Calcium or Potassium or Sodium Propionates, Propionic Acid (preservatives) H A  
Propyl Gallate (Synthetic Antioxidant) - A C  
Octyl Gallate (Synthetic Antioxidant) - A -  
Dodecyl Gallate (Synthetic Antioxidant) - A -  
TBHQ, Tert Butylhydroquinone (Synthetic Antioxidants) H A -  
Butylated Hydroxyanisole (BHA) (Synthetic Antioxidants) H A C  
Butylated Hydroxytoluene (BHT) or Butylhydroxytoluene (Synthetic Antioxidants) H A C  
Carrageenan (Thickening & Stabilizing Agent) - A C  
Tragacanth (thickener & Emulsifier) - A -  
Acacia Gum (Food Stabilizer) - A -  
Karaya Gum (Laxative, Food Thickener & Emulsifier) - A -  
Mannitol (Artificial Sweetener) H - -  
Polyxyethylene Stearate (Emulsifier) - - C  
Polyxyl Stearate (Emulsifier) - - C  
Polyoxyethylene Sorbitan Monostearate (Emulsifiers Gelling Stabilizers  
Thickeners Agents) - - C  
Polysorbate (Emulsifiers) - - C  
Gelatine (Food Gelling Agent) - A -  
Sodium CarboxyMethyl Cellulose - - C

Hydrochloric Acid (Hydrolyzing Enhancer & Gelatin Production) - - C  
Magnesium Sulphate (Tofu Coagulant) - - C  
Potassium Ferrocyanide (Anti Caking Agent) - A -  
Talc (Anti Caking, Filling, Softener, Agent) - - C  
MSG Monosodium Glutamate, Glutamic Acid, all Glutamates (Flavour Enhancers)  
H A C  
Disodium Guanylate (Flavour Enhancers) H A -  
Disodium Inosinate 5 (Flavour Enhancers) - A -  
Disodium Ribonucleotides 5 (Flavour Enhancers) - A -  
Camauba Wax (used in Chewing Gums, Coating and Glazing Agents) - - C  
Paraffin, Vaseline, White Mineral Oil (Solvents, Coating, Glazing, Anti  
Foaming, Lubricant Agents in Chewing Gums) - - C  
Potassium Bromate (Agent used in Bleaching Flour) - - C  
Chlorine (Agent used in Bleaching Flour, Bread Enhancer and Stabilizer) - - C  
Chlorine Dioxide (Bleaching Flour and Preservative Agent) - - C  
Benzoyl Peroxide (Bleaching Flour and Bread enhancer Agent) - A -  
Potassium Acesulphame (Sweetener) - - C  
Aspartame (Sweetener) H A -  
Cyclamate and Cyclamic Acid (Sweeteners) - - C  
Saccharine (Sweetener) - - C  
Insoluble Polyvinylpyrrolidone Insoluble (Stabilizer and Clarifying Agent added to Wine, Beer, Pharmaceuticals) - - C  
Bleached Starch (Thickener and Stabilizer) - A -

#### FOOD COLOURING

102 & E102, FD & C Yellow 5, Yellow 4, Tartrazine H A C  
104 & E104 Quinoline Yellow H A C  
107 & E107 Yellow 2G H A C  
110 & E110 Sunset Yellow H A C  
120 & E120 Carmines, Cochineal H A -  
122 & E122 Azorubine, Carmoisine H A C  
123 & E123 Amaranth (Red 2) H A C  
124 & E124 Ponceau, Brilliant Scarlet H A C  
127 & E127 Erythrosine (Red 2) H A C  
E128 Red 2G H A C  
129 & E129 Allura Red AC H A C  
E131 Patent Blue H A C  
132 & E132 Indigotine, Indigo Carmine H A C  
133 & E133 Brilliant Blue H A C  
142 & E142 Acid Brilliant Green, Green S, Food Green H A -  
143 Fast Green - A -  
150 & E150 Caramel H - -  
151 & E151 Activated Vegetable Carbons, Brilliant Black H A C  
154 Food Brown, Kipper Brown, Brown FK H A C  
155 & E155 Chocolate Brown HT, Brown HT H A C  
160b & E160b Bixin, Norbixin, Annatto Extracts H A -