

# Food Additives, E-NUMBERS

## Guide to food additives - E-Numbers

### What they are and what they do

<http://www.curezone.com/foods/ennumbers.asp>

It is extremely wise to avoid eating food with harmful food additives - E Numbers in them. Not all E Numbers are bad for you. The following list is based on information from the Ministries of Health of the United States, France, UK, Norway, Sweden, Denmark, Russia & Italy.

E-Number	Name	Category	Side Effects
E100	Curcumin	Colour - Yellow and Orange	<b>Safe</b>
E101	Riboflavin (Vitamin B2)	Colour - Yellow and Orange	<b>Safe</b>
E102	Tartrazine	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E103			<b>Forbidden</b>
E104	Quinoline Yellow	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children.
E105			<b>Forbidden</b>
E110	Sunset Yellow FCF / Orange Yellow S	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.
E111			<b>Forbidden</b>
E120	Cochineal / Carminic Acid	Colour - Red	Same as E104
E121			<b>Forbidden</b>
E122	Carmoisine / Azorubine	Colour - Red	<b>Suspicious</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E123	Amaranth	Colour - Red	<b>Very Dangerous</b> May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.
E124	Ponceau 4R / Cochineal Red A	Colour - Red	<b>Dangerous</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E125			<b>Forbidden</b>
E126			<b>Forbidden</b>
E127	Erythrosine BS	Colour - Red	<b>Dangerous</b> Same as E104
E130			<b>Forbidden</b>
E131	Patent Blue V	Colour - Blue	<b>Cancer</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin. Be cautious if you suffer from allergies or intolerances.
E132	Indigo Carmine / Idigotine	Colour - Blue	Same as E131
E140	Chlorophyll	Colour - Green	<b>Safe</b>
E141	Copper Complex of Chlorophyll	Colour - Green	<b>Suspicious</b>

E-Number	Name	Category	Side Effects
<b>E142</b>	Green S / Acid Brilliant Green BS	Colour - Green	<b>Cancer</b>
<b>E150</b>	Caramel	Colour - Brown and Black	<b>Suspicious</b>
<b>E151</b>	Black PN / Brilliant Black BN	Colour - Brown and Black	Same as E104
<b>E152</b>			<b>Forbidden</b>
<b>E153</b>	Carbon Black / Vegetable Carbon (Charcoal)	Colour - Brown and Black	May increase hyperactivity in affected children. Be cautious if you suffer from allergies or intolerances.
<b>E160a</b>	Alpha, Beta, Gamma Carotene	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160b</b>	Annatto, Bixin, Norbixin	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160c</b>	Capsanthin / Capsorbin	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160d</b>	Lycopene	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160e</b>	Beta-apo-8-carotenal	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160f</b>	Ethyl ester of Beta-apo-8-carotenoic acid	Colour - Carotene derivative	<b>Safe ??</b>
<b>E161a</b>	Flavoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161b</b>	Lutein	Colour - Plant	<b>Safe ??</b>
<b>E161c</b>	Cryptoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161d</b>	Rubixanthin	Colour - Plant	<b>Safe ??</b>
<b>E161e</b>	Violaxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161f</b>	Rhodoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161g</b>	Canthaxanthin	Colour - Plant	<b>Safe ??</b>
<b>E162</b>	Beetroot Red / Betanin	Colour - Plant	
<b>E163</b>	Anthocyanins	Colour - Plant	
<b>E170</b>	Calcium Carbonate (Chalk)	Colour - Inorganic	<b>Safe</b>
<b>E171</b>	Titanium Dioxide	Colour - Inorganic	<b>Suspicious</b>
<b>E172</b>	Iron Oxides and Hydroxides	Colour - Inorganic	
<b>E173</b>	Aluminium	Colour - Inorganic	<b>Suspicious</b>
<b>E174</b>	Silver	Colour - Inorganic	<b>Safe ??</b>
<b>E175</b>	Gold	Colour - Inorganic	<b>Safe ??</b>
<b>E180</b>	Pigment Rubine / Lithol Rubine BK	Colour - Inorganic	<b>Suspicious</b>
<b>E181</b>			<b>Forbidden</b>
<b>E200</b>	Sorbic Acid	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E201</b>	Sodium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E202</b>	Potassium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E203</b>	Calcium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches

E-Number	Name	Category	Side Effects
			<b>Intestine Upset</b>
<b>E210</b>	Benzoic Acid	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Headaches <b>Intestine Upset</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances.
<b>E211</b>	Sodium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E212</b>	Potassium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E213</b>	Calcium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E214</b>	Ethyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E215</b>	Ethyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E216</b>	Propyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E217</b>	Propyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E218</b>	Methyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E219</b>	Methyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E220</b>	Sulphur Dioxide	Preservative - Sulphur Dioxide and its salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b> <b>Destroys Vitamin B12</b>
<b>E221</b>	Sodium Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E222</b>	Sodium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E223</b>	Sodium Metabisulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E224</b>	Potassium Metabisulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E226</b>	Calcium Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E227</b>	Calcium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E230</b>	Biphenyl / Diphenyl	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
<b>E231</b>	2-Hydroxybiphenyl	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Same as E230
<b>E232</b>	Sodium Biphenyl-2-yl Oxide	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Same as E230

E-Number	Name	Category	Side Effects
E233	2-(Thiazol-4-yl) Benzimidazole	Preservative - other	<b>Dangerous</b> Same as E230
E236			Safe ??
E237			Safe ??
E238			Safe ??
E239	Hexamine	Preservative - other	<b>Cancer</b> Same as E230
E240			<b>Suspicious</b>
E241			<b>Suspicious</b>
E249	Potassium Nitrate	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230
E250	Sodium Nitrite	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E251	Sodium Nitrate	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E252	Potassium Nitrate(Saltpetre)	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E260	Acetic Acid	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E261	Potassium Acetate	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E262	Potassium Hydrogen Diacetate	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E263	Calcium Acetate	Miscellaneous - Acids and their Salts	Safe ??
E270	Lactic Acid	Miscellaneous - Acids and their Salts	Safe ??
E280	Propionic Acid	Preservative - Acids and their Salts	Safe ??
E281	Sodium Propionate	Preservative- Acids and their Salts	Safe ??
E282	Calcium Propionate	Preservative- Acids and their Salts	Safe ??
E283	Potassuim Propionate	Preservative- Acids and their Salts	Safe ??
E290	Carbon Dioxide	Miscellaneous - Acids and their Salts	<b>Dangerous</b> <b>Intestine Upset</b>
E300	L-Ascorbic Acid (Vitamin C)	Antioxidants- Vitamin C and derivatives	Safe
E301	Sodium-L-Ascorbate	Antioxidants- Vitamin C and derivatives	Safe
E302	Calcium-L-Ascorbate	Antioxidants- Vitamin C and derivatives	Safe
E304	Ascorbyl Palmitate	Antioxidants- Vitamin C	Safe

E-Number	Name	Category	Side Effects
		and derivatives	
E306	Natural Extracts rich in Tocopherols	Antioxidants- Vitamin E	Safe
E307	Synthetic Alpha-Tocopherol	Antioxidants- Vitamin E	Safe
E308	Synthetic Gamma-Tocopherol	Antioxidants- Vitamin E	Safe
E309	Synthetic Delta-Tocopherol	Antioxidants- Vitamin E	Safe
E310	Propyl Gallate	Antioxidants- other	
E311	Octyl Gallate	Antioxidants- other	Dangerous Eczema
E312	Dodecyl Gallate	Antioxidants- other	Dangerous Eczema
E320	Butylated Hydroxyanisole (BHA)	Antioxidants- other	Dangerous May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances. May not be suitable for babies Cholesterol
E321	Butylated Hydroxytoluene (BHT)	Antioxidants- other	Dangerous Same as E320
E322	Lecithins	Emulsifiers and Stabilisers	Safe ??
E325	Sodium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E326	Potassium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E327	Calcium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E330	Citric Acid	Miscellaneous - Citric Acid and its Salts	Cancer Intestine Upset
E331	Sodium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E332	Potassium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E333	Calcium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E334	Tartaric Acid	Miscellaneous - Tartaric Acid and its Salts	Dangerous Intestine Upset
E335	Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E336	Potassium Tartrate (Cream of Tartar)	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E337	Potassium Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E338	Orthophosphoric Acid	Miscellaneous - Phosphoric Acid and its Salts	Dangerous Peptic Disorder
E339	Sodium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	Dangerous Peptic Disorder
E340	Potassium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	Dangerous Peptic Disorder
E341	Calcium Phosphates	Miscellaneous - Phosphoric Acid and its	Dangerous Peptic Disorder

E-Number	Name	Category	Side Effects
		Salts	
E400	Alginic Acid	Emulsifiers and Stabilisers - Alginates	Safe ??
E401	Sodium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E402	Potassium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E403	Ammonium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E404	Calcium Alginate	Emulsifiers and Stabilisers - Alginates	Safe ??
E405	Propane-1,2-Diol Alginate	Emulsifiers and Stabilisers - Alginates	Safe ??
E406	Agar	Emulsifiers and Stabilisers - other plant gums	Safe
E407	Carrageenan	Emulsifiers and Stabilisers - other plant gums	<b>Dangerous</b> Peptic Disorder
E408			Safe ??
E410	Locust Bean Gum (Carob Gum)	Emulsifiers and Stabilisers - other plant gums	Safe ??
E411			Safe ??
E412	Guar Gum	Emulsifiers and Stabilisers - other plant gums	Safe
E413	Tragacanth	Emulsifiers and Stabilisers - other plant gums	<b>Suspicious</b> Be cautious if you suffer from allergies or intolerances.
E414	Gum Acacia (Gum Arabic)	Emulsifiers and Stabilisers - other plant gums	Safe ??
E415	Xanthan Gum	Emulsifiers and Stabilisers - other plant gums	Safe ??
E420	Sorbitol	Sugar Alcohols	Safe ??
E421	Mannitol	Sugar Alcohols	Safe ??
E422	Glycerol	Sugar Alcohols	Safe ??
E440a	Pectin	Emulsifiers and Stabilisers - Pectin and derivatives	
E440b	Amidated Pectin	Emulsifiers and Stabilisers - Pectin and derivatives	
E450a,b,c	Sodium and Potassium Phosphates and Polyphosphates	Miscellaneous	<b>Dangerous</b> Peptic Disorder
E460	Microcrystalline / Powdered Cellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E461	Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E462			<b>Dangerous</b> Peptic Disorder

E-Number	Name	Category	Side Effects
E463	Hydroxypropylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E464	Hydroxypropyl-Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E465	Ethylmethylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E466	Carboxymethylcellulose, Sodium Salt	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E470	Sodium, Potassium and Calcium Salts of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E471	Mono-and Diglycerides of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E472	Various Esters of Mono-and Diglycerides of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E473	Sucrose Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E474	Sucroglycerides	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E475	Polyglycerol Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E477	Propane-1,2-Diol Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	<b>Supicious</b>
E480			Safe ??
E481	Sodium Stearoyl-2-Lactylate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E482	Calcium Stearoyl-2-Lactylate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E483	Stearyl Tartrate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	

**FOOD ADDITIVES - NUMBERS WITH NO E-PREFIX**

<b>Number</b>	<b>Name</b>	<b>Category</b>	<b>Affects</b>
107	Yellow 2G	Colours - Yellow and Orange	
128	Red 2G	Colours - Red	<b>Supicious</b> May increase hyperactivity in affected children.
133	Brilliant Blue FCF	Colours - Blue	<b>Supicious</b> May increase hyperactivity in affected children.
154	Brown FK	Colours - Brown and Black	
155	Brown HT	Colours - Brown and Black	<b>Supicious</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin. Be cautious if you suffer from allergies or intolerances.
234	Nisin	Preservative - other	
262	Sodium Acetate	Miscellaneous - Acids and their Salts	
296	Malic Acid	Miscellaneous - Acids and their Salts	
297	Fumaric Acid	Miscellaneous - Acids and their Salts	
350	Sodium Malate	Miscellaneous - Salts of Malic Acid	
351	Potassium Malate	Miscellaneous - Salts of Malic Acid	
352	Calcium Malate	Miscellaneous - Salts of Malic Acid	
353	Metataric Acid	Miscellaneous - Salts of Malic Acid	
355	Adipic Acid	Miscellaneous - Salts of Malic Acid	
363	Succinic Acid	Miscellaneous - Salts of Malic Acid	
370	1,4-Heptonolactane	Miscellaneous - Salts of Malic Acid	
375	Nicotinic Acid	Miscellaneous - Salts of Malic Acid	
380	Triammonium Citrate	Miscellaneous - Salts of Malic Acid	
381	Ammonium Ferric Citrate	Miscellaneous - Salts of Malic Acid	
385	Calcium Disodium EDTA	Miscellaneous - Salts of Malic Acid	
416	Karaya Gum	Emulsifiers and Stabilisers	
430	Polyoxyethane (8) Stearate	Emulsifiers and Stabilisers - Fatty Acid derivatives	
431	Polyoxyethane (40) Stearate	Emulsifiers and Stabilisers - Fatty Acid derivatives	
432	Polyoxyethane (20) Sorbitan / Polysorbate 20	Emulsifiers and Stabilisers - Fatty Acid	



Number	Name	Category	Affects
		derivatives	
433	Polyoxyethane (20) Sorbitan Mono-oleate / Polysorbate 80	Emulsifiers and Stabilisers - Fatty Acid derivatives	
434	Polyoxyethane (20) Sorbitan Monopalmitate / Polysorbate 40	Emulsifiers and Stabilisers - Fatty Acid derivatives	
435	Polyoxyethane (20) Sorbitan Monostearate / Polysorbate 60	Emulsifiers and Stabilisers - Fatty Acid derivatives	
436	Polyoxyethane (20) Sorbitan Tristearate / Polysorbate 65	Emulsifiers and Stabilisers - Fatty Acid derivatives	
476	Polyglycerol Esters of Polycondensed Esters of Caster Oil	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
478	Lactylated Fatty Acid Esters of Glycerol and Propane-1,2-Diol	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
491	Sorbitan Monostearate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
492	Sorbitan Tristearate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
493	Sorbitan Monolaurate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
494	Sorbitan Mono-oleate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
495	Sorbitan Monopalmitate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
500	Sodium Carbonate / Sodium Bicarbonate	Miscellaneous - Acids and Salts: Carbonates	
501	Potassium Carbonate / Potassium Bicarbonate	Miscellaneous - Acids and Salts: Carbonates	
503	Ammonium Carbonate	Miscellaneous - Acids and Salts: Carbonates	
504	Magnesium Carbonate	Miscellaneous - Acids and Salts: Carbonates	
507	Hydrochloric Acid	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
508	Potassium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
509	Calcium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
510	Ammonium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
513	Sulphuric Acid	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	

Number	Name	Category	Affects
514	Sodium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
515	Potassium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
516	Calcium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
518	Magnesium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
524	Sodium Hydroxide	Miscellaneous - Alkalis	
525	Potassium Hydroxide	Miscellaneous - Alkalis	
526	Calcium Hydroxide	Miscellaneous - Alkalis	
527	Ammonium Hydroxide	Miscellaneous - Alkalis	
528	Magnesium Hydroxide	Miscellaneous - Alkalis	
529	Calcium Oxide	Miscellaneous - Alkalis	
530	Magnesium Oxide	Miscellaneous - Alkalis	
535	Sodium Ferrocyanide	Miscellaneous - other Salts	
536	Potassium Ferrocyanide	Miscellaneous - other Salts	
540	Dicalcium Ferrocyanide	Miscellaneous - other Salts	
541	Sodium Aluminium Phosphate	Miscellaneous - other Salts	
542	Edible Bone Phosphate (Bone-Meal)	Miscellaneous - Anti-Caking Agents	
544	Calcium Polyphosphates	Miscellaneous - Anti-Caking Agents	
545	Ammonium Polyphosphates	Miscellaneous - Anti-Caking Agents	
551	Silicon Dioxide (Silica Salt)	Miscellaneous - Silicon Salts	
552	Calcium Silicate	Miscellaneous - Silicon Salts	
553	Magnesium Silicate / Magnesium Trisilicate (Talc)	Miscellaneous - Silicon Salts	
554	Aluminium Sodium Silicate	Miscellaneous - Silicon Salts	
556	Aluminium Calcium Silicate	Miscellaneous - Silicon Salts	
558	Bentonite	Miscellaneous - other compounds	
559	Kaolin (Aluminium Silicate)	Miscellaneous - other compounds	
570	Stearic Acid	Miscellaneous - other compounds	
572	Magnesium Stearate	Miscellaneous - other compounds	
575	Glucono Delta-Lactone	Miscellaneous - other compounds	
576	Sodium Gluconate	Miscellaneous - other compounds	

Number	Name	Category	Affects
577	Potassium Gluconate	Miscellaneous - other compounds	
578	Calcium Gluconate	Miscellaneous - other compounds	
620	L-Glutamic Acid	Miscellaneous - Flavour Enhancers	
621	Monosodium Glutamate (MSG)	Miscellaneous - Flavour Enhancers	<b>TOXIC</b> Headaches Intestine Upset Skin Disorders
622	Monopotassium Glutamate	Miscellaneous - Flavour Enhancers	
623	Calcium Glutamate	Miscellaneous - Flavour Enhancers	
627	Sodium Guanylate	Miscellaneous - Flavour Enhancers	
631	Sodium Inosinate	Miscellaneous - Flavour Enhancers	
635	Sodium 5-Ribonucleotide	Miscellaneous - Flavour Enhancers	
636	Maltol	Miscellaneous - Flavour Enhancers	
637	Ethyl Maltol	Miscellaneous - Flavour Enhancers	
900	Dimethylpolysiloxane	Miscellaneous - Flavour Enhancers	
901	Beeswax	Miscellaneous - Glazing Agents	
903	Carnauba Wax	Miscellaneous - Glazing Agents	
904	Shellac	Miscellaneous - Glazing Agents	
905	Mineral Hydrocarbons	Miscellaneous - Glazing Agents	
907	Refined Microcrystalline Wax	Miscellaneous - Glazing Agents	
920	L-Cysteine Hydrochloride	Miscellaneous - Compounds used to treat Flour	
924	Potassium Bromate	Miscellaneous - Compounds used to treat Flour	
925	Chlorine	Miscellaneous - Compounds used to treat Flour	
926	Chlorine Dioxide	Miscellaneous - Compounds used to treat Flour	
927	Azodicarbonamide	Miscellaneous - Compounds used to treat Flour	

**Υποπτα:**

E104,E122,E141,E150,E151,E153,E171,E173,E174,E180,E240,E241, E477

**Απαγορευμενα:**

E103,E105,E111,E121,E125,E126,E130,E152,E181

**Καρκινογονα:**

E131,E142,E210,E211,E212,E213,E214,E215,E217,E239,E330

**Εντερικες ενοχλησεις:**

E221,E222,E223,E224,E226

**Διαταραχη πιεσης:**

E250,E251,E252

**Δερματολογικες διαταραχες:**

E230,E231,E232,E233

**Πεπτικες διαταραχες:**

E338,E339,E340,E341,E407,E450,E461,E462,E463,E465,E466

**Καταστροφη βιταμινης B12:**

E220

**Εκζεμα:**

E311,E312

**Χοληστερινη:**

E320,E321

**Πολυ επικινδυνο:**

E123

**Σημειωσεις:**

**Υποπτα:** εξεταζονται παρενεργειες.

**Καρκινογονα:** ουσιες που μπορει να προκαλεσει αναπτυξη καρκινωματων.Απαγορευμενα απο το Γαλλικο Υπουργειο Υγειας, 1/1/1997

**B12:** βιταμινη που αφορα στην ισορροπια του νευρικου συστηματος

**Πολυ επικινδυνο (E123):** απαγορευμενο στις Η.Π.Α. και Ρωσια