

# Food Additives, E-Numbers in Daily product



No	Name	ADI Mg/kg	Function & characteristics	Side Effects	Source
E160b	Annatto, Bixin, Norbixin	0.065 mg/kg	Natural yellow colour	Safe	Natural
E202	Potassium sorbate	Up to 25 mg/kg body weight.	Synthetic preservative	. No side effects in the concentrations used. Only a very small percentage of people show slight pseudo-allergic reactions	Natural
E333	Calcium citrate	No limit	Acidity regulators	Safe	Natural
E621	Mono sodium glutamate	None determined	Flavour enhancer	<b>TOXIC</b> Headaches Intestine Upset Skin Disorders	Natural
E330	Citric acid	No limit	Acidity regulators	<b>Cancer</b> Intestine Upset	Synthetic
E339	Sodium orthophosphates	Up to 70 mg/kg body weight.	Buffers	<b>Dangerous</b> Peptic Disorder	Synthetic
E160e	Beta-apo-8'-carotenal	Up to 2.5 mg/kg body weight.	Natural orange- yellow colour	Safe No side effects	Natural
E452	Polyphosphates	Up to 70 mg/kg bodyweight for all phosphate containing additives	stabiliser and emulsifiers	Safe	Synthetic

# Food Additives, E-Numbers in Daily product



<b>E450</b>	<b>Di- and polyphosphates</b>	<b>Up to 70 mg/kg bodyweight for all phosphate containing additives</b>	<b>binds metals and prevents discoloration due to metals</b>	<b>Safe</b>	<b>Synthetic</b>
<b>E235</b>	<b>Pimaracin</b>	<b>Up to 0.3 mg/kg body weight</b>	<b>preservative mainly against fungi.</b>	<b>Safe</b>	<b>Natural</b>
<b>E452i</b>	<b>Sodium polyphosphate</b>	<b>70 mg/kg</b>	<b>emulsifier</b>	<b>Safe</b>	<b>Synthetic</b>
<b>E339i</b>	<b>Monosodium dihydrogen phosphate</b>	<b>Up to 70 mg/kg body weight</b>	<b>antioxidant</b>	<b>Cancer</b>	<b>Natural</b>
<b>E407</b>	<b>Carrageenan</b>	<b>75 mg/kg</b>	<b>thickening agent Emulsifiers and Stabilisers - other plant Gums</b>	<b>Dangerous Peptic Disorder</b>	<b>Natural</b>
<b>E415</b>	<b>Xanthan gum</b>	<b>Not specified</b>	<b>thickening agent Emulsifiers and Stabilisers - other plant</b>	<b>Safe</b>	<b>Natural</b>
<b>E471</b>	<b>Mono-and di-glycerides of fatty acids</b>	<b>None determined.</b>	<b>Semi-synthetic emulsifiers</b>	<b>Safe</b>	<b>Semi-synthetic</b>
<b>E330</b>	<b>Citric Acid</b>	<b>NOT LIMITED</b>	<b>Miscellaneous - Citric Acid and its Salts</b>	<b>Cancer Intestine Upset</b>	<b>Synthetic</b>
<b>E331</b>	<b>Sodium Citrates</b>	<b>NOT LIMITED</b>	<b>Miscellaneous - Citric Acid and its Salts</b>	<b>Safe</b>	<b>Synthetic</b>

# Food Additives, E-Numbers in Daily product



<b>E466</b>	<b>Carboxymethylcellulose , Sodium Sa</b>	<b>25mg per kg</b>	<b>Emulsifiers and Stabilisers - Cellulose and derivatives thickening agent</b>	<b>Dangerous</b>	<b>Semi-synthetic</b>
<b>E234</b>	<b>Nisin</b>	<b>Up to 33000 units/kg body weight</b>	<b>Antibiotic preservative against</b>	<b>Safe</b>	<b>Natural</b>
<b>E270</b>	<b>Lactic Acid</b>	<b>no limit</b>	<b>Miscellaneous - Acids and their Salts</b>	<b>Safe</b>	<b>Natural</b>
<b>E200</b>	<b>Sorbic acid</b>	<b>Up to 25 mg/kg body weight</b>	<b>preservative</b>	<b>Dangerous Headaches Intestine Upset</b>	<b>Natural</b>
<b>E414</b>	<b>Gum Arabic</b>	<b>0-50 mg/kg</b>	<b>Emulsifiers and Stabilisers - other plant Gums</b>	<b>Safe</b>	<b>Natural</b>
<b>E1442</b>	<b>Hydroxy propyl distarch phosphate (stabiliser)</b>	<b>NOT LIMITED</b>	<b>thickening agent</b>	<b>Safe</b>	<b>Synthetic</b>
<b>E450iii</b>	<b>Tetra sodium pyrophosphate</b>	<b>70 mg/kg bodyweight</b>	<b>Buffers and emulsifiers</b>	<b>Safe</b>	<b>Synthetic</b>
<b>E322</b>	<b>lecithin</b>	<b>No limit</b>	<b>Emulsifiers and Stabilisers</b>	<b>Safe</b>	<b>Natural</b>
<b>E412</b>	<b>Guar Gum</b>	<b>None specified</b>	<b>Thickening agent, stabiliser and emulsifier</b>	<b>Safe</b>	<b>Natural</b>
<b>E301</b>	<b>Sodium L-ascorbate</b>	<b>No limit.</b>	<b>Anti-oxidant and bread enhancer</b>	<b>Safe</b>	<b>Natural</b>
<b>E250</b>	<b>Sodium nitrite</b>	<b>Up to 0.06 mg/kg body weight</b>	<b>preservative against</b>	<b>Safe</b>	<b>Natural</b>

# Food Additives, E-Numbers in Daily product



<b>E451</b>	<b><i>Triphosphates</i></b>	<b><i>70 mg/kg bodyweight</i></b>	<b><i>Buffers, stabiliser and emulsifiers</i></b>	<b><i>Safe</i></b>	<b><i>Synthetic</i></b>
<b>E142</b>	<b><i>Copper complexes of chlorophyll</i></b>	<b><i>15 mg/kg body weight</i></b>	<b><i>Green food colour</i></b>	<b><i>Cancer</i></b>	<b><i>Synthetic</i></b>
<b>E230</b>	<b><i>Biphenyl</i></b>	<b><i>0.05 mg/kg body weight.</i></b>	<b><i>Preservative - Biphenyl and its derivatives</i></b>	<b><i>Dangerous Headaches Intestine Upset</i></b>	<b><i>Synthetic</i></b>
<b>E261</b>	<b><i>Potassium acetate</i></b>	<b><i>no limit.</i></b>	<b><i>preservatives and buffers</i></b>	<b><i>Dangerous Headaches Intestine Upset Skin Disorders</i></b>	<b><i>Natural</i></b>
<b>E316</b>	<b><i>Sodium erythorbate</i></b>	<b><i>No limit.</i></b>	<b><i>food preservative</i></b>	<b><i>Safe</i></b>	<b><i>Synthetic</i></b>
<b>E252</b>	<b><i>Potassium nitrate</i></b>	<b><i>3.7 mg/kg body weight.</i></b>	<b><i>preservative and against fading of natural colours</i></b>	<b><i>Dangerous Blood Pressure Upset</i></b>	<b><i>Natural</i></b>
<b>E713</b>	<b><i>Tylosin</i></b>	<b><i>0,2 mg/kg bodyweight</i></b>	<b><i>Antibiotic against fungi and moulds</i></b>	<b><i>None known</i></b>	<b><i>Synthetic</i></b>

<http://www.food-info.net/uk/index.htm>

By:- Hala Ishredah

Nashwa Qubbaj