



BACK TO BALANCE
NATURAL HEALING CENTER
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Hidden Names for MSG

Foods **ALWAYS** contain free glutamate when these words are on the label.

MSG	Gelatin
Monosodium Glutamate	Hydrolyzed Vegetable Protein (HVP)
Monopotassium Glutamate	Hydrolyzed Plant Protein (HPP)
Glutamate	Autolyzed Plant Protein
Glutamic Acid	Sodium Caseinate
Vegetable Protein Extract	Calcium Caseinate
Textured Protein	Yeast Extract
Yeast Food or Nutrient	Autolyzed Yeast

Foods made with the following products **OFTEN** contain free Glutamate

Malted Barley	Protease Enzymes	Milk Powder
Barley Malt	Lecithin	Dry Milk Solids
Malt Extract or Flavoring Amino Acids	Spice	
Maltodextrin	Natural Flavors	
Dextrose	Reaction Flavors	
Dextrates	Soy Sauce	
Caramel Flavoring/ Coloring	Soy Protein	
Stock	Cornstarch	
Broth	Flowing Agents	
Bouillon	Wheat, Rice, Corn , Oat Protein	
Carrageenan	Anything Enriched or vitamin enriched	
Whey protein or whey	Modified Food Starch	
Whey protein isolate or concentrate	Rice Syrup	
Pectic	Low or no fat	
Protease	Corn Syrup, High Fructose Corn Syrup	