

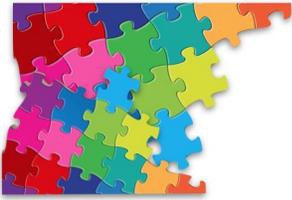


## Glutamate and Excitotoxin Food List

Much of this information comes from the work of Russell Blaylock, M.D. author of "Excitotoxins: The Taste That Kills." Excitotoxins are substances that when consumed in large amounts such as aspartame found in diet soda can trigger inflammatory and hyper-stimulated activity in the brain.

The important thing to remember about all of this is you are not going to be able to avoid glutamate foods all together. The list is quite extensive, and various forms of glutamate-like substances are found in a wide variety of things we eat - many of them healthy. There is also going to be natural glutamate in a healthy diet because glutamate at a certain level is important for normal brain function. However, it is the artificial forms such as aspartame, MSG and others that are problematic. Here is the list:

- monosodium glutamate
- nutrasweet/aspartame
- malted barley flour
- glutamate
- hydrolyzed protein
- malt extract
- natural flavor(s)
- hydrolyzed vegetable protein (HVP)
- malt flavoring(s)
- natural flavorings(s)
- hydrolyzed plant protein
- malted barley/barley malt
- maltodextrin
- hydrolyzed oat flour
- malted anything
- carrageenan
- hydrolyzed anything
- textured protein
- gelatin
- sodium caseinate
- guar gum
- spice(s)
- calcium caseinate
- soy extract



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- seasoning(s)
- caseinate
- soy protein
- seasoned salt
- disodium guanylate
- soy protein concentrate
- dough conditioner(s)
- disodium inosinate
- soy protein isolate
- yeast extract
- disodium caseinate
- soy sauce
- autolyzed yeast
- chicken/beef/pork "flavoring"
- whey protein
- autolyzed yeast extract
- chicken/beef/pork "base"
- whey protein isolate
- autolyzed anything
- bouillon
- whey protein concentrate
- broth
- vegetable gum
- kombu extract
- stock
- plant protein extract
- l-cysteine
- soup base
- smoke flavoring(s)
- ajinomoto



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