

Artificial Food Colors		
FD&C Designation	Alternative Name	Color
Blue No. 1	Brilliant Blue FCF	Indigo
Blue No. 2	Indigotine	Indigo
Green No. 3	Fast Green FCF	Turquoise
Red No. 3	Erythrosine	Pink
Red No. 40	Allura Red AC	Red
Yellow No. 5	Tartrazine	Yellow
Yellow No. 6	Sunset Yellow FCF	Orange

**Artificial Preservatives that May Cause Allergic Reactions in Sensitive Persons
(List is not Exhaustive)**

<i>Preservative Name</i>	<i>Foods Found In</i>	<i>Other Names Used</i>
<i>Benzoates</i>	Found in acidic foods such as pickles, vinegars	Benzoic Acid, Sodium Benzoate, Benzene
<i>Nitrites/Nitrates</i>	Bacon, Sausage, Hot Dogs, Lunchmeat, processed foods	Sodium Nitrite, Sodium Nitrate
<i>MSG</i>	Prevalent Throughout food supply; Accent IS MSG; Fast food restaurants use it, for example; Pasta Roni, for another example	Look for MSG, monosodium glutamate, natural flavor, autolyzed yeast extract, and more*
<i>BHA/BHT</i>	Dried Cereals, fats, oil, shortenings	BHA/BHT
<i>Sulfates/Sulfites</i>	Dried Fruits, wine, some cheeses	Sodium Sulfite, Sodium Metabisulfite
<i>Aspartame</i>	NutraSweet, Diet Sodas, sugar free gum, diet/sugar free baked goods	Aspartame
<i>Sorbates</i>	Dairy products, wines	Potassium Sorbate, Sorbic Acid
<i>Propionates</i>	Processed meats, baked goods, vinegar, mustard, soups	Sodium Propionate Calcium Propionate

* <https://www.glutathionediseasecure.com/other-names-for-MSG.html>