



**These common additives are found in many food items and contribute to high levels of toxicity.**

- Hydrogenated or partially hydrogenated oil
- Food labels beginning with sugar
- Artificial sweeteners & flavors
- Natural Flavors
- Artificial colors
- Vegetable oil, corn oil, soybean oil
- MSG
- Hydrolyzed Proteins
- Soy Protein Isolate
- Sodium Nitrate / Sodium Nitrite
- BHA and BHT
- Sulfur Dioxide
- Potassium Bromate
- Potassium or Sodium Benzoate
- Carrageenan
- Bisphenol A (BPA)
- rBGH or rBST
- Parabens
- Other chemicals (in most cases unpronounceable)

**When in doubt leave it out!**