

# Food Additives, E-NUMBERS

## Guide to food additives - E-Numbers

### What they are and what they do

<http://www.curezone.com/foods/ennumbers.asp>

It is extremely wise to avoid eating food with harmful food additives - E Numbers in them. Not all E Numbers are bad for you. The following list is based on information from the Ministries of Health of the United States, France, UK, Norway, Sweden, Denmark, Russia & Italy.

E-Number	Name	Category	Side Effects
E100	Curcumin	Colour - Yellow and Orange	Safe
E101	Riboflavin (Vitamin B2)	Colour - Yellow and Orange	Safe
E102	Tartrazine	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E103			<b>Forbidden</b>
E104	Quinoline Yellow	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children.
E105			<b>Forbidden</b>
E110	Sunset Yellow FCF / Orange Yellow S	Colour - Yellow and Orange	<b>Dangerous</b> May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.
E111			<b>Forbidden</b>
E120	Cochineal / Carminic Acid	Colour - Red	Same as E104
E121			<b>Forbidden</b>
E122	Carmoisine / Azorubine	Colour - Red	<b>Suspicious</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E123	Amaranth	Colour - Red	<b>Very Dangerous</b> May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.
E124	Ponceau 4R / Cochineal Red A	Colour - Red	<b>Dangerous</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E125			<b>Forbidden</b>
E126			<b>Forbidden</b>
E127	Erythrosine BS	Colour - Red	<b>Dangerous</b> Same as E104
E130			<b>Forbidden</b>
E131	Patent Blue V	Colour - Blue	<b>Cancer</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin. Be cautious if you suffer from allergies or intolerances.
E132	Indigo Carmine / Idigotine	Colour - Blue	Same as E131
E140	Chlorophyll	Colour - Green	Safe
E141	Copper Complex of Chlorophyll	Colour - Green	<b>Suspicious</b>

E-Number	Name	Category	Side Effects
<b>E142</b>	Green S / Acid Brilliant Green BS	Colour - Green	<b>Cancer</b>
<b>E150</b>	Caramel	Colour - Brown and Black	<b>Suspicious</b>
<b>E151</b>	Black PN / Brilliant Black BN	Colour - Brown and Black	Same as E104
<b>E152</b>			<b>Forbidden</b>
<b>E153</b>	Carbon Black / Vegetable Carbon (Charcoal)	Colour - Brown and Black	May increase hyperactivity in affected children. Be cautious if you suffer from allergies or intolerances.
<b>E160a</b>	Alpha, Beta, Gamma Carotene	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160b</b>	Annatto, Bixin, Norbixin	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160c</b>	Capsanthin / Capsorbin	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160d</b>	Lycopene	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160e</b>	Beta-apo-8-carotenal	Colour - Carotene derivative	<b>Safe ??</b>
<b>E160f</b>	Ethyl ester of Beta-apo-8-carotenoic acid	Colour - Carotene derivative	<b>Safe ??</b>
<b>E161a</b>	Flavoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161b</b>	Lutein	Colour - Plant	<b>Safe ??</b>
<b>E161c</b>	Cryptoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161d</b>	Rubixanthin	Colour - Plant	<b>Safe ??</b>
<b>E161e</b>	Violaxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161f</b>	Rhodoxanthin	Colour - Plant	<b>Safe ??</b>
<b>E161g</b>	Canthaxanthin	Colour - Plant	<b>Safe ??</b>
<b>E162</b>	Beetroot Red / Betanin	Colour - Plant	
<b>E163</b>	Anthocyanins	Colour - Plant	
<b>E170</b>	Calcium Carbonate (Chalk)	Colour - Inorganic	<b>Safe</b>
<b>E171</b>	Titanium Dioxide	Colour - Inorganic	<b>Suspicious</b>
<b>E172</b>	Iron Oxides and Hydroxides	Colour - Inorganic	
<b>E173</b>	Aluminium	Colour - Inorganic	<b>Suspicious</b>
<b>E174</b>	Silver	Colour - Inorganic	<b>Safe ??</b>
<b>E175</b>	Gold	Colour - Inorganic	<b>Safe ??</b>
<b>E180</b>	Pigment Rubine / Lithol Rubine BK	Colour - Inorganic	<b>Suspicious</b>
<b>E181</b>			<b>Forbidden</b>
<b>E200</b>	Sorbic Acid	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E201</b>	Sodium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E202</b>	Potassium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b>
<b>E203</b>	Calcium Sorbate	Preservative - Sorbic Acid and its salts	<b>Dangerous</b> Headaches

E-Number	Name	Category	Side Effects
			<b>Intestine Upset</b>
<b>E210</b>	Benzoic Acid	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Headaches <b>Intestine Upset</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances.
<b>E211</b>	Sodium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E212</b>	Potassium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E213</b>	Calcium Benzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E214</b>	Ethyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E215</b>	Ethyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E216</b>	Propyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E217</b>	Propyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E218</b>	Methyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E219</b>	Methyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	<b>Cancer</b> Same as E210
<b>E220</b>	Sulphur Dioxide	Preservative - Sulphur Dioxide and its salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b> <b>Destroys Vitamin B12</b>
<b>E221</b>	Sodium Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E222</b>	Sodium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E223</b>	Sodium Metabisulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E224</b>	Potassium Metabisulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E226</b>	Calcium Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E227</b>	Calcium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	<b>Dangerous</b> Same as E220
<b>E230</b>	Biphenyl / Diphenyl	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
<b>E231</b>	2-Hydroxybiphenyl	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Same as E230
<b>E232</b>	Sodium Biphenyl-2-yl Oxide	Preservative - Biphenyl and its derivatives	<b>Dangerous</b> Same as E230

E-Number	Name	Category	Side Effects
E233	2-(Thiazol-4-yl) Benzimidazole	Preservative - other	<b>Dangerous</b> Same as E230
E236			Safe ??
E237			Safe ??
E238			Safe ??
E239	Hexamine	Preservative - other	<b>Cancer</b> Same as E230
E240			<b>Suspicious</b>
E241			<b>Suspicious</b>
E249	Potassium Nitrate	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230
E250	Sodium Nitrite	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E251	Sodium Nitrate	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E252	Potassium Nitrate(Saltpetre)	Preservative - Pickling Salts	<b>Dangerous</b> Same as E230 <b>Blood Pressure Upset</b>
E260	Acetic Acid	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E261	Potassium Acetate	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E262	Potassium Hydrogen Diacetate	Miscellaneous - Acids and their Salts	<b>Dangerous</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E263	Calcium Acetate	Miscellaneous - Acids and their Salts	Safe ??
E270	Lactic Acid	Miscellaneous - Acids and their Salts	Safe ??
E280	Propionic Acid	Preservative - Acids and their Salts	Safe ??
E281	Sodium Propionate	Preservative- Acids and their Salts	Safe ??
E282	Calcium Propionate	Preservative- Acids and their Salts	Safe ??
E283	Potassuim Propionate	Preservative- Acids and their Salts	Safe ??
E290	Carbon Dioxide	Miscellaneous - Acids and their Salts	<b>Dangerous</b> <b>Intestine Upset</b>
E300	L-Ascorbic Acid (Vitamin C)	Antioxidants- Vitamin C and derivatives	Safe
E301	Sodium-L-Ascorbate	Antioxidants- Vitamin C and derivatives	Safe
E302	Calcium-L-Ascorbate	Antioxidants- Vitamin C and derivatives	Safe
E304	Ascorbyl Palmitate	Antioxidants- Vitamin C	Safe

E-Number	Name	Category	Side Effects
		and derivatives	
E306	Natural Extracts rich in Tocopherols	Antioxidants- Vitamin E	Safe
E307	Synthetic Alpha-Tocopherol	Antioxidants- Vitamin E	Safe
E308	Synthetic Gamma-Tocopherol	Antioxidants- Vitamin E	Safe
E309	Synthetic Delta-Tocopherol	Antioxidants- Vitamin E	Safe
E310	Propyl Gallate	Antioxidants- other	
E311	Octyl Gallate	Antioxidants- other	<b>Dangerous</b> Eczema
E312	Dodecyl Gallate	Antioxidants- other	<b>Dangerous</b> Eczema
E320	Butylated Hydroxyanisole (BHA)	Antioxidants- other	<b>Dangerous</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances. <b>May not be suitable for babies</b> Cholesterol
E321	Butylated Hydroxytoluene (BHT)	Antioxidants- other	<b>Dangerous</b> Same as E320
E322	Lecithins	Emulsifiers and Stabilisers	Safe ??
E325	Sodium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E326	Potassium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E327	Calcium Lactate	Miscellaneous - Salts of Lactic Acid	Safe ??
E330	Citric Acid	Miscellaneous - Citric Acid and its Salts	<b>Cancer</b> Intestine Upset
E331	Sodium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E332	Potassium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E333	Calcium Citrates	Miscellaneous - Citric Acid and its Salts	Safe ??
E334	Tartaric Acid	Miscellaneous - Tartaric Acid and its Salts	<b>Dangerous</b> Intestine Upset
E335	Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E336	Potassium Tartrate (Cream of Tartar)	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E337	Potassium Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	Safe ??
E338	Orthophosphoric Acid	Miscellaneous - Phosphoric Acid and its Salts	<b>Dangerous</b> Peptic Disorder
E339	Sodium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	<b>Dangerous</b> Peptic Disorder
E340	Potassium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	<b>Dangerous</b> Peptic Disorder
E341	Calcium Phosphates	Miscellaneous - Phosphoric Acid and its	<b>Dangerous</b> Peptic Disorder

E-Number	Name	Category	Side Effects
		Salts	
E400	Alginic Acid	Emulsifiers and Stabilisers - Alginates	Safe ??
E401	Sodium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E402	Potassium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E403	Ammonium Alginate	Emulsifiers and Stabilisers - Alginates	Safe
E404	Calcium Alginate	Emulsifiers and Stabilisers - Alginates	Safe ??
E405	Propane-1,2-Diol Alginate	Emulsifiers and Stabilisers - Alginates	Safe ??
E406	Agar	Emulsifiers and Stabilisers - other plant gums	Safe
E407	Carrageenan	Emulsifiers and Stabilisers - other plant gums	<b>Dangerous</b> Peptic Disorder
E408			Safe ??
E410	Locust Bean Gum (Carob Gum)	Emulsifiers and Stabilisers - other plant gums	Safe ??
E411			Safe ??
E412	Guar Gum	Emulsifiers and Stabilisers - other plant gums	Safe
E413	Tragacanth	Emulsifiers and Stabilisers - other plant gums	<b>Suspicious</b> Be cautious if you suffer from allergies or intolerances.
E414	Gum Acacia (Gum Arabic)	Emulsifiers and Stabilisers - other plant gums	Safe ??
E415	Xanthan Gum	Emulsifiers and Stabilisers - other plant gums	Safe ??
E420	Sorbitol	Sugar Alcohols	Safe ??
E421	Mannitol	Sugar Alcohols	Safe ??
E422	Glycerol	Sugar Alcohols	Safe ??
E440a	Pectin	Emulsifiers and Stabilisers - Pectin and derivatives	
E440b	Amidated Pectin	Emulsifiers and Stabilisers - Pectin and derivatives	
E450a,b,c	Sodium and Potassium Phosphates and Polyphosphates	Miscellaneous	<b>Dangerous</b> Peptic Disorder
E460	Microcrystalline / Powdered Cellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E461	Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E462			<b>Dangerous</b> Peptic Disorder

E-Number	Name	Category	Side Effects
E463	Hydroxypropylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E464	Hydroxypropyl-Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E465	Ethylmethylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E466	Carboxymethylcellulose, Sodium Salt	Emulsifiers and Stabilisers - Cellulose and derivatives	<b>Dangerous</b> Peptic Disorder
E470	Sodium, Potassium and Calcium Salts of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E471	Mono-and Diglycerides of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E472	Various Esters of Mono-and Diglycerides of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E473	Sucrose Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E474	Sucroglycerides	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E475	Polyglycerol Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	Safe ??
E477	Propane-1,2-Diol Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	<b>Supicious</b>
E480			Safe ??
E481	Sodium Stearoyl-2-Lactylate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E482	Calcium Stearoyl-2-Lactylate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E483	Stearyl Tartrate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	

**FOOD ADDITIVES - NUMBERS WITH NO E-PREFIX**

<b>Number</b>	<b>Name</b>	<b>Category</b>	<b>Affects</b>
107	Yellow 2G	Colours - Yellow and Orange	
128	Red 2G	Colours - Red	<b>Supicious</b> May increase hyperactivity in affected children.
133	Brilliant Blue FCF	Colours - Blue	<b>Supicious</b> May increase hyperactivity in affected children.
154	Brown FK	Colours - Brown and Black	
155	Brown HT	Colours - Brown and Black	<b>Supicious</b> May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin. Be cautious if you suffer from allergies or intolerances.
234	Nisin	Preservative - other	
262	Sodium Acetate	Miscellaneous - Acids and their Salts	
296	Malic Acid	Miscellaneous - Acids and their Salts	
297	Fumaric Acid	Miscellaneous - Acids and their Salts	
350	Sodium Malate	Miscellaneous - Salts of Malic Acid	
351	Potassium Malate	Miscellaneous - Salts of Malic Acid	
352	Calcium Malate	Miscellaneous - Salts of Malic Acid	
353	Metataric Acid	Miscellaneous - Salts of Malic Acid	
355	Adipic Acid	Miscellaneous - Salts of Malic Acid	
363	Succinic Acid	Miscellaneous - Salts of Malic Acid	
370	1,4-Heptonolactane	Miscellaneous - Salts of Malic Acid	
375	Nicotinic Acid	Miscellaneous - Salts of Malic Acid	
380	Triammonium Citrate	Miscellaneous - Salts of Malic Acid	
381	Ammonium Ferric Citrate	Miscellaneous - Salts of Malic Acid	
385	Calcium Disodium EDTA	Miscellaneous - Salts of Malic Acid	
416	Karaya Gum	Emulsifiers and Stabilisers	
430	Polyoxyethane (8) Stearate	Emulsifiers and Stabilisers - Fatty Acid derivatives	
431	Polyoxyethane (40) Stearate	Emulsifiers and Stabilisers - Fatty Acid derivatives	
432	Polyoxyethane (20) Sorbitan / Polysorbate 20	Emulsifiers and Stabilisers - Fatty Acid	



Number	Name	Category	Affects
		derivatives	
433	Polyoxyethane (20) Sorbitan Mono-oleate / Polysorbate 80	Emulsifiers and Stabilisers - Fatty Acid derivatives	
434	Polyoxyethane (20) Sorbitan Monopalmitate / Polysorbate 40	Emulsifiers and Stabilisers - Fatty Acid derivatives	
435	Polyoxyethane (20) Sorbitan Monostearate / Polysorbate 60	Emulsifiers and Stabilisers - Fatty Acid derivatives	
436	Polyoxyethane (20) Sorbitan Tristearate / Polysorbate 65	Emulsifiers and Stabilisers - Fatty Acid derivatives	
476	Polyglycerol Esters of Polycondensed Esters of Caster Oil	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
478	Lactylated Fatty Acid Esters of Glycerol and Propane-1,2-Diol	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
491	Sorbitan Monostearate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
492	Sorbitan Tristearate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
493	Sorbitan Monolaurate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
494	Sorbitan Mono-oleate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
495	Sorbitan Monopalmitate	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
500	Sodium Carbonate / Sodium Bicarbonate	Miscellaneous - Acids and Salts: Carbonates	
501	Potassium Carbonate / Potassium Bicarbonate	Miscellaneous - Acids and Salts: Carbonates	
503	Ammonium Carbonate	Miscellaneous - Acids and Salts: Carbonates	
504	Magnesium Carbonate	Miscellaneous - Acids and Salts: Carbonates	
507	Hydrochloric Acid	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
508	Potassium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
509	Calcium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
510	Ammonium Chloride	Miscellaneous - Acids and Salts: Hydrochloric Acid and its Salts	
513	Sulphuric Acid	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	

Number	Name	Category	Affects
514	Sodium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
515	Potassium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
516	Calcium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
518	Magnesium Sulphate	Miscellaneous - Acids and Salts: Sulphuric Acid and its Salts	
524	Sodium Hydroxide	Miscellaneous - Alkalis	
525	Potassium Hydroxide	Miscellaneous - Alkalis	
526	Calcium Hydroxide	Miscellaneous - Alkalis	
527	Ammonium Hydroxide	Miscellaneous - Alkalis	
528	Magnesium Hydroxide	Miscellaneous - Alkalis	
529	Calcium Oxide	Miscellaneous - Alkalis	
530	Magnesium Oxide	Miscellaneous - Alkalis	
535	Sodium Ferrocyanide	Miscellaneous - other Salts	
536	Potassium Ferrocyanide	Miscellaneous - other Salts	
540	Dicalcium Ferrocyanide	Miscellaneous - other Salts	
541	Sodium Aluminium Phosphate	Miscellaneous - other Salts	
542	Edible Bone Phosphate (Bone-Meal)	Miscellaneous - Anti-Caking Agents	
544	Calcium Polyphosphates	Miscellaneous - Anti-Caking Agents	
545	Ammonium Polyphosphates	Miscellaneous - Anti-Caking Agents	
551	Silicon Dioxide (Silica Salt)	Miscellaneous - Silicon Salts	
552	Calcium Silicate	Miscellaneous - Silicon Salts	
553	Magnesium Silicate / Magnesium Trisilicate (Talc)	Miscellaneous - Silicon Salts	
554	Aluminium Sodium Silicate	Miscellaneous - Silicon Salts	
556	Aluminium Calcium Silicate	Miscellaneous - Silicon Salts	
558	Bentonite	Miscellaneous - other compounds	
559	Kaolin (Aluminium Silicate)	Miscellaneous - other compounds	
570	Stearic Acid	Miscellaneous - other compounds	
572	Magnesium Stearate	Miscellaneous - other compounds	
575	Glucono Delta-Lactone	Miscellaneous - other compounds	
576	Sodium Gluconate	Miscellaneous - other compounds	

Number	Name	Category	Affects
577	Potassium Gluconate	Miscellaneous - other compounds	
578	Calcium Gluconate	Miscellaneous - other compounds	
620	L-Glutamic Acid	Miscellaneous - Flavour Enhancers	
621	Monosodium Glutamate (MSG)	Miscellaneous - Flavour Enhancers	<b>TOXIC</b> Headaches Intestine Upset Skin Disorders
622	Monopotassium Glutamate	Miscellaneous - Flavour Enhancers	
623	Calcium Glutamate	Miscellaneous - Flavour Enhancers	
627	Sodium Guanylate	Miscellaneous - Flavour Enhancers	
631	Sodium Inosinate	Miscellaneous - Flavour Enhancers	
635	Sodium 5-Ribonucleotide	Miscellaneous - Flavour Enhancers	
636	Maltol	Miscellaneous - Flavour Enhancers	
637	Ethyl Maltol	Miscellaneous - Flavour Enhancers	
900	Dimethylpolysiloxane	Miscellaneous - Flavour Enhancers	
901	Beeswax	Miscellaneous - Glazing Agents	
903	Carnauba Wax	Miscellaneous - Glazing Agents	
904	Shellac	Miscellaneous - Glazing Agents	
905	Mineral Hydrocarbons	Miscellaneous - Glazing Agents	
907	Refined Microcrystalline Wax	Miscellaneous - Glazing Agents	
920	L-Cysteine Hydrochloride	Miscellaneous - Compounds used to treat Flour	
924	Potassium Bromate	Miscellaneous - Compounds used to treat Flour	
925	Chlorine	Miscellaneous - Compounds used to treat Flour	
926	Chlorine Dioxide	Miscellaneous - Compounds used to treat Flour	
927	Azodicarbonamide	Miscellaneous - Compounds used to treat Flour	

**Υποπτα:**

E104,E122,E141,E150,E151,E153,E171,E173,E174,E180,E240,E241, E477

**Απαγορευμενα:**

E103,E105,E111,E121,E125,E126,E130,E152,E181

**Καρκινογονα:**

E131,E142,E210,E211,E212,E213,E214,E215,E217,E239,E330

**Εντερικες ενοχλησεις:**

E221,E222,E223,E224,E226

**Διαταραχη πιεσης:**

E250,E251,E252

**Δερματολογικες διαταραχες:**

E230,E231,E232,E233

**Πεπτικες διαταραχες:**

E338,E339,E340,E341,E407,E450,E461,E462,E463,E465,E466

**Καταστροφη βιταμινης B12:**

E220

**Εκζεμα:**

E311,E312

**Χοληστερινη:**

E320,E321

**Πολυ επικινδυνο:**

E123

**Σημειωσεις:**

**Υποπτα:** εξεταζονται παρενεργειες.

**Καρκινογονα:** ουσιες που μπορει να προκαλεσει αναπτυξη καρκινωματων.Απαγορευμενα απο το Γαλλικο Υπουργειο Υγειας, 1/1/1997

**B12:** βιταμινη που αφορα στην ισορροπια του νευρικου συστηματος

**Πολυ επικινδυνο (E123):** απαγορευμενο στις Η.Π.Α. και Ρωσια