POISON FOOD ADDITIVES

It's very important to read your ingredient labels and be aware of foods with these ingredients in them AND NEVER buy food with these ingredients in them. These are hidden poisons!

THE TOP 50 MOST TOXIC INGREDIENTS APPROVED BY THE FDA;

- Sodium nitrate: Added to processed meats to stop bacterial growth. Linked to cancer in humans. (Worst Offender)
- 2. Sulphites: Used to keep prepared foods fresh. Can cause breathing difficulties in those sensitive to the ingredient.
- 3. Azodicarbonamide: Used in bagels and buns. Can cause asthma.
- 4. Potassium bromate: Added to breads to increase volume. Linked to cancer in humans
- 5. Propyl gallate: Added to fat-containing products. Linked to cancer in humans.
- 6. BHA/BHT: A fat preservative, used in foods to extend shelf life. Linked to cancerous tumor growth.
- 7. Propylene glycol: Better known as antifreeze. Thickens dairy products & salad dressing. Deemed 'generally' safe by FDA.
- 8. Butane: Put in chicken nuggets to keep them tasting fresh. A known carcinogen.
- 9. Monosodium glutamate (MSG): Flavor enhancer that can cause headaches. Linked in animal studies to nerve damage, heart problems & seizures.
- 10. Disodium inosinate: In snack foods. Contains MSG.
- 11. Disodium guanylate: Also used in snack foods, contains MSG.
- 12 Enriched flour: Used in many snack foods. A refined starch that is made from toxic ingredients.
- 13. Recombinant Bovine Growth Hormone (rBGH): Genetically-engineered version of natural growth hormone in cows. Boosts milk production in cows. Contains high levels of IF-1, which is thought cause various types of cancer.
- 14. Refined vegetable oil: Includes soybean oil, corn oil, safflower oil, canola oil & peanut oil. High in omega-6 fats, which are thought to cause heart disease & cancer.
- 15. Sodium benzoate: Used as a preservative in salad dressing & carbonated beverages. A known carcinogen, may damage our DNA.
- 16. Brominated vegetable oil: Keeps flavor oils in soft drinks suspended. Bromate is a poison, can cause organ damage & birth defects. Not required to be listed on food labels.
- 17. Propyl gallate: Found in meats, popcorn, soup mixes, frozen dinners. Shown to cause cancer in rats. Banned in some countries. Deemed safe by FDA.
- 18. Olestra: Fat-like substance that is unabsorbed by the body. Used in place of natural fats in some snack foods. Can cause digestive problems & also not healthy for the heart.
- 19. Carrageenan: Stabilizer, thickening agent used in many prepared foods. Can cause ulcers cancer.
- 20. Polysorbate 60: A thickener that is used in baked goods. Can cause cancer in laboratory animals

- 21. Camauba wax: Used in chewing gums & to glaze certain foods. Can cause cancer, tumors.
- 23. Chlorine dioxide: Used in bleaching flour. Can cause tumors, hyperactivity in children.
- dium carboxymethyl cellulose: Used as a thickener in salad dressings. Could cause cancer in
- gen found to cause bladder cancer in rats. (Worst Offen
- itotoxin & thought to be a carcinogen. Can cause dizziness, headaches blurred vision & stomach problems

so can cause hyperactivity in children. Banned in some European countries. (Worst Offender)

- 36. Blue #1: Used in bakery products, candy, soft drinks. Can damage chromosomes & lead to
- 38. Citrus red #1: Sprayed on oranges to make them look ripe. Can damage chromosomes & lead to cancer.
- Citrus red #2: Used to color oranges. Can cause cancer if you eat the peel.

- 45. Caramel coloring: In soft drinks, sauces, pastries, breads. When made with ammonia, it can cause cancer in mice. Food companies not required to disclose if this ingredient is made with ammonia.
- 46. Brown HT: Used in many packaged foods. Can cause hyperactivity in children, asthma, cancer
- 47. Orange B: A food dye that is used in hot dog, sausage casings. High doses are bad for the liver & bile duct.
- 48. Bixin: Food coloring that can cause hyperactivity in children & asthma.
- Norbixin: Food coloring that can cause hyperactivity in children, asthma.
- 50. Annatto: Food coloring that can cause hyperactivity in children, asthma.

Your Attention Please

The FDA has changed the name of Aspartame. Now watch out for: "Amino Sweet".

NOT FDA APPROVED ingredients.

These cannot be patented. These are natural healing modalities!

- CBD Oil
- Cannahis
- Melatonin
- Elderberry Syrup
- Herbal Supplements

These ingredients are patented. FOLLOW THE MONEY.

- MSG
- Aspartame
- Caramel Color
- Artificial Flavors
- High Fructose Corn Syrup
- Foods Containing Flame Retardants

The end is near...RF Kennedy

https://t.me/The 17 Letter Q