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## Index

# Food Additives - E - NUMBERS

## Guide to food additives - E-Numbers

### What they are and what they do. [Additives without the E-Prefix](#)

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	May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E104	Quinoline Yellow	Colour - Yellow and Orange	May increase hyperactivity in affected children.
E110	Sunset Yellow FCF / Orange Yellow S	Colour - Yellow and Orange	May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.
E120	Cochineal / Carminic Acid	Colour - Red	Same as E104
E122	Carmoisine / Azorubine	Colour - Red	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	May increase hyperactivity in affected children. Asthmatics sometimes react badly. Take care if you are sensitive to Aspirin.
E127	Erythrosine BS	Colour - Red	Same as E104
E131	Patent Blue V	Colour - Blue	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 / Indigotine	Colour - Blue	Same as E131
E140	Chlorophyll	Colour - Green	<b>Safe</b>
E141	Copper Complex of Chlorophyll	Colour - Green	<b>Suspicious</b>
E142	Green S / Acid Brilliant Green BS	Colour - Green	Cancer
E150	Caramel	Colour - Brown and Black	<b>Suspicious</b>
E151	Black PN / Brilliant Black BN	Colour - Brown and Black	Same as E104
E153	Carbon Black / Vegetable Carbon (Charcoal)	Colour - Brown and Black	May increase hyperactivity in affected children. Be cautious if you suffer from allergies or intolerances.
	Alpha, Beta, Gamma	Colour - Carotene	

E160a	Carotene	derivative	<b>Safe</b>
E160b	Annatto, Bixin, Norbixin	Colour - Carotene derivative	
E160c	Capsanthin / Capsorbin	Colour - Carotene derivative	
E160d	Lycopene	Colour - Carotene derivative	
E160e	Beta-apo-8-carotenal	Colour - Carotene derivative	
E160f	Ethyl ester of Beta-apo-8-carotenoic acid	Colour - Carotene derivative	
E161a	Flavoxanthin	Colour - Plant	<b>Safe ??</b>
E161b	Lutein	Colour - Plant	
E161c	Cryptoxanthin	Colour - Plant	
E161d	Rubixanthin	Colour - Plant	
E161e	Violaxanthin	Colour - Plant	
E161f	Rhodoxanthin	Colour - Plant	
E161g	Canthaxanthin	Colour - Plant	
E162	Beetroot Red / Betanin	Colour - Plant	
E163	Anthocyanins	Colour - Plant	
E170	Calcium Carbonate (Chalk)	Colour - Inorganic	<b>Safe</b>
E171	Titanium Dioxide	Colour - Inorganic	
E172	Iron Oxides and Hydroxides	Colour - Inorganic	
E173	Aluminium	Colour - Inorganic	
E174	Silver	Colour - Inorganic	
E175	Gold	Colour - Inorganic	<b>Safe ??</b>
E180	Pigment Rubine / Lithol Rubine BK	Colour - Inorganic	
E200	Sorbic Acid	Preservative - Sorbic Acid and its salts	Headaches <b>Intestine Upset</b>
E201	Sodium Sorbate	Preservative - Sorbic Acid and its salts	Headaches <b>Intestine Upset</b>
E202	Potassium Sorbate	Preservative - Sorbic Acid and its salts	Headaches <b>Intestine Upset</b>
E203	Calcium Sorbate	Preservative - Sorbic Acid and its salts	Headaches <b>Intestine Upset</b>
			Headaches <b>Intestine Upset</b>

E210	Benzoic Acid	Preservative - Benzoic Acid and its salts	May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances.
E211	Sodium Benzoate	Preservative - Benzoic Acid and its salts	Same as E210
E212	Potassium Benzoate	Preservative - Benzoic Acid and its salts	Same as E210
E213	Calcium Benzoate	Preservative - Benzoic Acid and its salts	Same as E210
E214	Ethyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	Same as E210
E215	Ethyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	Same as E210
E216	Propyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	Same as E210
E217	Propyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	Same as E210
E218	Methyl 4-hydroxybenzoate	Preservative - Benzoic Acid and its salts	Same as E210
E219	Methyl 4-hydroxybenzoate, Sodium Salt	Preservative - Benzoic Acid and its salts	Same as E210
E220	Sulphur Dioxide	Preservative - Sulphur Dioxide and its salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b> <b>Destroys Vitamin B12</b>
E221	Sodium Sulphite	Preservative - Sulphur Dioxide and its salts	Same as E221
E222	Sodium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	Same as E221
E223	Sodium Metabisulphite	Preservative - Sulphur Dioxide and its salts	Same as E221

E224	Potassium Metabisulphite	Preservative - Sulphur Dioxide and its salts	Same as E221
E226	Calcium Sulphite	Preservative - Sulphur Dioxide and its salts	Same as E221
E227	Calcium Hydrogen Sulphite	Preservative - Sulphur Dioxide and its salts	Same as E221
E230	Biphenyl / Diphenyl	Preservative - Biphenyl and its derivatives	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E231	2-Hydroxybiphenyl	Preservative - Biphenyl and its derivatives	Same as E230
E232	Sodium Biphenyl-2-yl Oxide	Preservative - Biphenyl and its derivatives	Same as E230
E233	2-(Thiazol-4-yl) Benzimidazole	Preservative - other	Same as E230
E239	Hexamine	Preservative - other	Same as E230
E249	Potassium Nitrate	Preservative - Pickling Salts	Same as E230
E250	Sodium Nitrite	Preservative - Pickling Salts	Same as E230
E251	Sodium Nitrate	Preservative - Pickling Salts	Same as E230
E252	Potassium Nitrate (Saltpetre)	Preservative - Pickling Salts	Same as E230
E260	Acetic Acid	Miscellaneous - Acids and their Salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E261	Potassium Acetate	Miscellaneous - Acids and their Salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E262	Potassium Hydrogen Diacetate	Miscellaneous - Acids and their Salts	Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
E263	Calcium Acetate	Miscellaneous - Acids and their Salts	
E270	Lactic Acid	Miscellaneous - Acids and their Salts	
E280	Propionic Acid	Preservative - Acids and their Salts	

E281	Sodium Propionate	Preservative-Acids and their Salts	
E282	Calcium Propionate	Preservative-Acids and their Salts	
E283	Potassium Propionate	Preservative-Acids and their Salts	
E290	Carbon Dioxide	Miscellaneous - Acids and their Salts	<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 and derivatives	Safe
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	
E312	Dodecyl Gallate	Antioxidants- other	
E320	Butylated Hydroxyanisole (BHA)	Antioxidants- other	May increase hyperactivity in affected children. Asthmatics sometimes react badly. Be cautious if you suffer from allergies or intolerances. May not be suitable for babies
E321	Butylated Hydroxytoluene (BHT)	Antioxidants- other	Same as E320

E322	Lecithins	Emulsifiers and Stabilisers	
E325	Sodium Lactate	Miscellaneous - Salts of Lactic Acid	
E326	Potassium Lactate	Miscellaneous - Salts of Lactic Acid	
E327	Calcium Lactate	Miscellaneous - Salts of Lactic Acid	
E330	Citric Acid	Miscellaneous - Citric Acid and its Salts	<b>Intestine Upset</b>
E331	Sodium Citrates	Miscellaneous - Citric Acid and its Salts	
E332	Potassium Citrates	Miscellaneous - Citric Acid and its Salts	
E333	Calcium Citrates	Miscellaneous - Citric Acid and its Salts	
E334	Tartaric Acid	Miscellaneous - Tartaric Acid and its Salts	<b>Intestine Upset</b>
E335	Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	
E336	Potassium Tartrate (Cream of Tartar)	Miscellaneous - Tartaric Acid and its Salts	
E337	Potassium Sodium Tartrate	Miscellaneous - Tartaric Acid and its Salts	
E338	Orthophosphoric Acid	Miscellaneous - Phosphoric Acid and its Salts	
E339	Sodium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	
E340	Potassium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	
E341	Calcium Phosphates	Miscellaneous - Phosphoric Acid and its Salts	
E400	Alginic Acid	Emulsifiers and Stabilisers - Alginates	
		Emulsifiers and	

E401	Sodium Alginate	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	
E405	Propane-1,2-Diol Alginate	Emulsifiers and Stabilisers - Alginates	
E406	Agar	Emulsifiers and Stabilisers - other plant gums	Safe
E407	Carrageenan	Emulsifiers and Stabilisers - other plant gums	Safe
E410	Locust Bean Gum (Carob Gum)	Emulsifiers and Stabilisers - other plant gums	
E412	Guar Gum	Emulsifiers and Stabilisers - other plant gums	Safe
E413	Tragacanth	Emulsifiers and Stabilisers - other plant gums	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	
E421	Mannitol	Sugar Alcohols	
E422	Glycerol	Sugar Alcohols	
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	

E460	Microcrystalline / Powdered Cellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E461	Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E463	Hydroxypropylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E464	Hydroxypropyl-Methylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E465	Ethylmethylcellulose	Emulsifiers and Stabilisers - Cellulose and derivatives	
E466	Carboxymethylcellulose, Sodium Salt	Emulsifiers and Stabilisers - Cellulose and derivatives	
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	
E472	Various Esters of Mono-and Diglycerides of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E473	Sucrose Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E474	Sucroglycerides	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
E475	Polyglycerol Esters of Fatty Acids	Emulsifiers and Stabilisers - salts or Esters of Fatty Acids	
	Propane-1,2-Diol Esters of	Emulsifiers and Stabilisers - salts	

E477	Fatty Acids	or Esters of Fatty Acids	
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

Number	Name	Category	Affects
107	Yellow 2G	Colours - Yellow and Orange	
128	Red 2G	Colours - Red	May increase hyperactivity in affected children.
133	Brilliant Blue FCF	Colours - Blue	May increase hyperactivity in affected children.
154	Brown FK	Colours - Brown and Black	
155	Brown HT	Colours - Brown and Black	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 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	Emulsifiers and Stabilisers - salts or	

	Esters of Caster Oil	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	
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	
577	Potassium Gluconate	Miscellaneous - other compounds	
578	Calcium Gluconate	Miscellaneous - other compounds	
620	L-Glutamic Acid	Miscellaneous - Flavour Enhancers	
<b>621</b>	<b>Monosodium Glutamate (MSG)</b>	<b>Miscellaneous - Flavour Enhancers</b>	<b>TOXIC</b> Headaches <b>Intestine Upset</b> <b>Skin Disorders</b>
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	

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## E Numbers, food additives and your health

<u>No.</u>	<u>Description</u>
E100	Safe ??
E101	Safe ??
<b>E102</b>	<b>Dangerous</b>
<b>E103</b>	<b>Forbidden</b>
<b>E104</b>	<b>Suspicious</b>
<b>E105</b>	<b>Forbidden</b>
<b>E110</b>	<b>Dangerous</b>

<b>E111</b>	<b>Forbidden</b>
<b>E120</b>	<b>Dangerous</b>
<b>E121</b>	<b>Forbidden</b>
<b>E122</b>	<b>Suspicious</b>
<b>E123</b>	<b>Very Dangerous</b>
<b>E124</b>	<b>Dangerous</b>
<b>E125</b>	<b>Forbidden</b>
<b>E126</b>	<b>Forbidden</b>
<b>E127</b>	<b>Dangerous</b>
<b>E130</b>	<b>Forbidden</b>
<b>E131</b>	<b>Cancer</b>
<b>E132</b>	<b>Safe ??</b>
<b>E140</b>	<b>Safe ??</b>
<b>E141</b>	<b>Suspicious</b>
<b>E142</b>	<b>Cancer</b>
<b>E150</b>	<b>Suspicious</b>
<b>E151</b>	<b>Suspicious</b>
<b>E152</b>	<b>Forbidden</b>
<b>E153</b>	<b>Suspicious</b>
<b>E160</b>	<b>Safe ??</b>
<b>E161</b>	<b>Safe ??</b>
<b>E163</b>	<b>Safe ??</b>
<b>E170</b>	<b>Safe ??</b>
<b>E171</b>	<b>Suspicious</b>
<b>E173</b>	<b>Suspicious</b>
<b>E174</b>	<b>Safe ??</b>
<b>E175</b>	<b>Safe ??</b>
<b>E180</b>	<b>Suspicious</b>
<b>E181</b>	<b>Forbidden</b>
<b>E210</b>	<b>Cancer</b>
<b>E211</b>	<b>Cancer</b>
<b>E212</b>	<b>Cancer</b>
<b>E213</b>	<b>Cancer</b>

<b>E214</b>	<b>Cancer</b>
<b>E215</b>	<b>Cancer</b>
<b>E217</b>	<b>Cancer</b>
<b>E220</b>	<b>Destroys Vitamin B12</b>
<b>E221</b>	<b>Intestine Upset</b>
<b>E222</b>	<b>Intestine Upset</b>
<b>E223</b>	<b>Intestine Upset</b>
<b>E224</b>	<b>Intestine Upset</b>
<b>E226</b>	<b>Intestine Upset</b>
<b>E230</b>	<b>Skin Disorder</b>
<b>E232</b>	<b>Skin Disorder</b>
<b>E233</b>	<b>Skin Disorder</b>
<b>E236</b>	<b>Safe ??</b>
<b>E237</b>	<b>Safe ??</b>
<b>E238</b>	<b>Safe ??</b>
<b>E239</b>	<b>Cancer</b>
<b>E240</b>	<b>Suspicious</b>
<b>E241</b>	<b>Suspicious</b>
<b>E250</b>	<b>Blood Pressure Upset</b>
<b>E251</b>	<b>Blood Pressure Upset</b>
<b>E252</b>	<b>Blood Pressure Upset</b>
<b>E260</b>	<b>Safe ??</b>
<b>E262</b>	<b>Safe ??</b>
<b>E263</b>	<b>Safe ??</b>
<b>E270</b>	<b>Safe ??</b>
<b>E280</b>	<b>Safe ??</b>
<b>E281</b>	<b>Safe ??</b>
<b>E282</b>	<b>Safe ??</b>
<b>E300</b>	<b>Safe ??</b>
<b>E301</b>	<b>Safe ??</b>
<b>E302</b>	<b>Safe ??</b>
<b>E303</b>	<b>Safe ??</b>
<b>E304</b>	<b>Safe ??</b>

<b>E305</b>	<b>Safe ??</b>
<b>E306</b>	<b>Safe ??</b>
<b>E307</b>	<b>Safe ??</b>
<b>E308</b>	<b>Safe ??</b>
<b>E309</b>	<b>Safe ??</b>
<b>E311</b>	<b>Eczema</b>
<b>E312</b>	<b>Eczema</b>
<b>E320</b>	<b>Cholesterol</b>
<b>E321</b>	<b>Cholesterol</b>
<b>E322</b>	<b>Safe ??</b>
<b>E325</b>	<b>Safe ??</b>
<b>E326</b>	<b>Safe ??</b>
<b>E327</b>	<b>Safe ??</b>
<b>E330</b>	<b>Cancer</b>
<b>E331</b>	<b>Safe ??</b>
<b>E332</b>	<b>Safe ??</b>
<b>E333</b>	<b>Safe ??</b>
<b>E334</b>	<b>Safe ??</b>
<b>E335</b>	<b>Safe ??</b>
<b>E336</b>	<b>Safe ??</b>
<b>E337</b>	<b>Safe ??</b>
<b>E338</b>	<b>Peptic Disorder</b>
<b>E339</b>	<b>Peptic Disorder</b>
<b>E340</b>	<b>Peptic Disorder</b>
<b>E341</b>	<b>Peptic Disorder</b>
<b>E400</b>	<b>Safe ??</b>
<b>E401</b>	<b>Safe ??</b>
<b>E402</b>	<b>Safe ??</b>
<b>E403</b>	<b>Safe ??</b>
<b>E404</b>	<b>Safe ??</b>
<b>E406</b>	<b>Safe ??</b>
<b>E407</b>	<b>Peptic Disorder</b>
<b>E408</b>	<b>Safe ??</b>

E410	Safe ??
E411	Safe ??
E413	Safe ??
E414	Safe ??
E420	Safe ??
E421	Safe ??
E422	Safe ??
E450	Peptic Disorder
E461	Peptic Disorder
E462	Peptic Disorder
E463	Peptic Disorder
E465	Peptic Disorder
E466	Peptic Disorder
E471	Safe ??
E472	Safe ??
E473	Safe ??
E474	Safe ??
E475	Safe ??
E477	Suspicious
E480	Safe ??

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