

Dangerous Food Additives table

Additive Number	Name of Food Additive	HyperactivityAsthmaCancer		
102 & E102	Tartrazine (food color)	H	A	C
104 & E104	Quinoline Yellow (food color)	H	A	C
107 & E107	Yellow 2G (food color)	H	A	C
110 & E110	Sunset Yellow (Yellow food color #6)	H	A	C
120 & E120	Carmines, Cochineal (food color)	H	A	-
122 & E122	Azorubine, Carmoisine (food color)	H	A	C
123 & E123	Amaranth (Red food color #2)	H	A	C
124 & E124	Ponceau, Brilliant Scarlet (food color)	H	A	C
127 & E127	Erythrosine (Red food color #2)	H	A	C
E128	Red 2G (Red food color)	H	A	C
129 & E129	Allura Red AC (food color)	H	A	C
E131	Patent Blue (food color)	H	A	C
132 & E132	Indigotine, Indigo Carmine (food color)	H	A	C
133 & E133	Brilliant Blue (food color)	H	A	C
142 & E142	Acid Brilliant Green, Green S, Food Green (food color)	H	A	-
143	Fast Green (food color)	-	A	-
150 & E150	Caramel (food color)	H	-	-
151 & E151	Activated Vegetable Carbons, Brilliant Black (food color)	H	A	C
154	Food Brown, Kipper Brown, Brown FK (food color)	H	A	C
155 & E155	Chocolate Brown HT, Brown HT (food color)	H	A	C
160b & E160b	Bixin, Norbixin, Annatto Extracts (yellow, red to brown natural colors)	H	A	-

E171	Titanium Dioxide, TiO ₂ (to give foods an opaque color). More on Titanium Dioxide in comments below ↴	?	?	?
E173	Aluminium preservatives	-	-	C
E180	Latol Rubine, Pigment Rubine preservatives	H	A	C
200 & E200-203	Potassium & Calcium Sorbates ,Sorbic Acid preservatives	H	A	-
210 & E210	Benzoic Acid preservatives	H	A	-
211 & E211	Sodium Benzoate preservatives	H	A	C
212 & E212	Potassium Benzoate preservatives	-	A	-
213 & E213	Calcium Benzoate preservatives	-	A	-
E214	Ethyl Para Hydroxybenzoate preservatives	-	A	-
E215	Sodium Ethyl Para Hydroxybenzoate preservatives	-	A	-
216 & E216	Propyl P Hydroxybenzoate, Propylparaben preservatives	-	A	-
E217	Sodium Propyl P Hydroxybenzoate preservatives	-	A	-
220 & E220	Sulphur Dioxide also Sulfur dioxide preservatives	H	A	-
221 & E221	Sodium Sulfite or Sodium Sulphite preservatives	-	A	-
222	Sodium Bisulfite or Sodium Bisulphite preservatives	-	A	-
223 & E223	Sodium Metabisulfite or Sodium Metabisulphite preservatives	-	A	-
224 & E224	Potassium Metabisulphite or Potassium Metabisulfite preservatives	-	A	-
225 & E225	Potassium Sulfite or Potassium Sulphite preservatives	-	A	-

E226	Calcium Sulfite or Calcium Sulphite preservatives	-	A	-
E227	Calcium Hydrogen Sulphite or Calcium Hydrogen Sulfite preservatives	-	A	-
E228	Potassium Bisulfite, Potassium Hydrogen Sulfite or Potassium Bisulphite, Potassium Hydrogen Sulphite preservatives	H	A	-
E230	Diphenyl, Biphenyl preservatives	-	-	C
E231	Orthophenyl Phenol preservatives	-	-	C
E236	Formic Acid preservative	-	-	C
E239	Hexamine, Hexamethylene Tetramine preservatives	-	-	C
249 & E249	Potassium Nitrate preservative	-	A	C
250 & E250	Sodium Nitrite preservative	H	A	C
251 & E251	Sodium Nitrate preservative	H	-	C
252 & E252	Potassium Nitrate preservative	H	-	C
260 & E260	Acetic Acid, Glacial preservatives	-	A	-
280 to 283	Calcium or Potassium or Sodium Propionates, Propionic Acid preservatives	H	A	-
310 & E310	Propyl Gallate (Synthetic Antioxidant)	-	A	C
311 & E311	Octyl Gallate (Synthetic Antioxidant)	-	A	-
312 & E312	Dodecyl Gallate (Synthetic Antioxidant)	-	A	-
319 & E319	TBHQ, Tert Butylhydroquinone (Synthetic Antioxidants)	H	A	-
320 & E320	Butylated Hydroxyanisole (BHA) (Synthetic Antioxidants)	H	A	C
321 & E321	Butylated Hydroxytoluene (BHT) or Butylhydroxytoluene (Synthetic Antioxidants)	H	A	C
330 & E330	Citric Acid (NOT DANGEROUS if naturally occurring e330 & 330 citric acid additive – but other can contain sulfites and mold,	-	-	-

	explained earlier in the article above this table and the printable version link.)			
407 & E407	Carrageenan (Thickening & Stabilizing Agent)	-	A	C
413 & E413	Tragacanth (thickener & Emulsifier)	-	A	-
414 & E414	Acacia Gum (Food Stabilizer)	-	A	-
416	Karaya Gum (Laxative, Food Thickener & Emulsifier)	-	A	-
421 & E421	Mannitol (Artificial Sweetener)	H	-	-
430	Polyxyethylene Stearate (Emulsifier)	-	-	C
431	Polyxyl Stearate (Emulsifier)	-	-	C
E432 - E435	Polyoxyethylene Sorbitan Monostearate (Emulsifiers Gelling Stabilisers Thickeners Agents)	-	-	C
433 - 436	Polysorbate (Emulsifiers)	-	-	C
441 & E441	Gelatine (Food Gelling Agent)	-	A	-
466	Sodium CarboxyMethyl Cellulose	-	-	C
507 & E507	Hydrochloric Acid (Hydrolyzing Enhancer & Gelatin Production)	-	-	-
518 & E518	Magnesium Sulphate (Tofu Coagulant)	-	-	C
536 & E536	Potassium Ferrocyanide (Anti Caking Agent)	-	A	-
553 & E553 & E553b	Talc (Anti Caking, Filling, Softener, Agent)	-	-	C
620 - 625	MSG Monosodium Glutamate, Glutamic Acid, all Glutamates (Flavour Enhancers). MSG can be referred to by varieties of other names.	H	A	- ? *
627 & E627	Disodium Guanylate (Flavour Enhancers)	H	A	-
631 & E631	Disodium Inosinate 5 (Flavour Enhancers)	-	A	-
635 & E635	Disodium Ribonucleotides 5 (Flavour Enhancers)	-	A	-

903 & E903	Caruba Wax (used in Chewing Gums, Coating and Glazing Agents)	-	-	C
905 & 905 a,b,c	Paraffin and Vaseline, White Mineral Oil (Solvents, Coating and Glazing, Anti Foaming Agents, Lubricant in Chewing Gums)	-	-	C
924 & E924	Potassium Bromate (Agent used in Bleaching Flour)	-	-	C
925 & E925	Chlorine (Agent used in Bleaching Flour, Bread Enhancer and Stabiliser)	-	-	C
926	Chlorine Dioxide (Bleaching Flour and Preservative Agent)	-	-	C
928 & E928	Benzoyl Peroxide (Bleaching Flour and Bread enhancer Agent)	-	A	-
950 & E950	Potassium Acesulphame (Sweetener)	-	-	C
951	Aspartame (Sweetener)	H	A	-
952 & E952	Cyclamate and Cyclamic Acid (Sweeteners)	-	-	C
954 & E954	Saccharine (Sweetener)	-	-	C
1202 & E1202	Insoluble Polyvinylpyrrolidone Insoluble (Stabiliser and Clarifying Agent added to Wine, Beer, medications, Pharmaceuticals)	-	-	C
1403	Bleached Starch (Thickener and Stabiliser)	-	A	-