

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

# CARCINOGEN LIST

## IARC AND NTP CARCINOGEN LIST

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This list includes three categories of substances and processes regarded as carcinogenic, primarily by the International Agency for Research on Cancer of the World Health Organisation (IARC), and to a lesser extent, the US Government's Annual Report on Carcinogens from the National Toxicology Program (NTP).

Although there are some difference in categorisation, for convenience we have combined the lists under a common nomenclature. There are some minor omissions and exclusions of exotic materials. Please notify us of any errors or omissions considered important.

Category 1 is for substances for which there is sufficient evidence for a causal relationship with cancer in humans (confirmed human carcinogen).

Category 2A is for substances for which there is a lesser degree of evidence in humans but sufficient evidence in animal studies, or degrees of evidence considered appropriate to this category, eg unequivocal evidence of mutagenicity in mammalian cells (probable human carcinogen).

Category 2B is for substances for which there is sufficient evidence in animal tests, or degrees of evidence considered appropriate to this category (possible human carcinogen).

Excluded from the list above are IARC category 3 carcinogens for which assessment evidence is 'limited'.

All IARC monographs up to issue 60, 1994 and the NTP Sixth Report on Carcinogens are included; (and will update both sources soon).

Please refer to the original IARC and NTP documents for a more detailed description of categories and carcinogenicity evidence.

**NOTE: THIS LIST CONVEYS A WEIGHT-OF-EVIDENCE APPROACH AND CAN NOT INCORPORATE INFORMATION ON RISK. WHILE WE SUPPORT SUCH AN APPROACH, RISK ASSESSMENTS MUST INCLUDE CONSIDERATIONS OF EXPOSURE, DOSE AND BIOCHEMICAL RELEVANCE.**

Category 1

=====  
Aflatoxins  
Alcoholic beverages  
Aluminium production  
4-aminobiphenyl  
Arsenic and arsenic compounds  
Asbestos  
Manufacture of auramine  
Azathioprine  
Benzene  
Benzidine  
Beryllium and compounds (upgraded from 2A)  
Betel quid with tobacco  
Bis(chloromethyl)ether and chloromethyl methyl ether (technical grade)  
Boot and shoe manufacture and repair (occupational exposure)  
1,4 Butanediol dimethanesulphonate (Myleran)  
Cadmium and compounds (upgraded from 2A)  
Chlorambucil  
Chlornaphazine  
1-(2-Chloroethyl)-3-(4-methylcyclohexyl)-1 nitrosoarea  
Chloromethyl methyl ether (technical)  
Chromium compounds (hexavalent)  
Coal gasification  
Coal tar pitches  
Coal tars  
Coke production  
Cyclophosphamide  
Cyclosporin  
Erionite  
Ethylene oxide  
Furniture and cabinet making  
Underground haematite mining with exposure to radon  
Iron and steel founding  
Isopropyl alcohol manufacture (strong acid process)  
Manufacture of magenta (see also magenta, 2B)  
Melphalan  
8-Methoxypsoralen (Methoxsalen) plus ultraviolet radiation  
Mineral oils\_untreated and mildly-treated oils  
MOPP and other combined chemotherapy for cancer  
Mustard gas (sulphur mustard)  
2-Naphthylamine  
Nickel and nickel compounds (essentially sulphate and sulphide)  
Nonsteroidal oestrogens (not necessarily all in group); includes diethylstilboestrol  
Oestrogen replacement therapy and  
Combined oral contraceptives and sequential oral contraceptives  
Steroidal oestrogens (not all in group)  
Painter (occupational exposure as a painter)  
Phenacetin (analgesic mixtures containing)  
Rubber industry  
Salted fish, Chinese style  
Solar radiation  
Shale oils  
Soots  
Sulphuric acid (occupational exposures to strong-inorganic-acid mists of sulphuric acid)  
Talc containing asbestiform fibres  
Thiotepa  
Tobacco products (smokeless)  
Tobacco smoke  
Trosulphan  
Vinyl chloride  
Category 2A



ortho-Aminoazobenzene  
2-Amino-5-(5-nitro-2-furyl)-1,3,4-thiadiazole  
Amitrole  
ortho-Anisidine  
Antimony trioxide  
Aramite  
Atrazine  
Attapulgit  
Azaserine  
Benzo[b]fluoranthene  
Benzo[j]fluoranthene  
Benzo[k]fluoranthene  
Benzyl violet  
Bitumens (extracts of steam-refined and air-refined bitumens)  
Bleomycins  
Bracken ferns  
Bromodichloromethane  
Butylated hydroxyanisole (BHA)  
á-Butyrolactone  
Caffeic acid  
Carbon black extract  
Carbon tetrachloride  
Carrageenan (degraded)  
Ceramic fibres  
Chloramphenicol  
Chlordane  
Chlordecone  
Chlorendic acid  
Chlorinated paraffins of average carbon-chain length C12 and average degree of chlorination approx 60%  
alpha-Chlorinated toluenes (not necessarily all in group)  
Benzotrichloride  
para-Chloroaniline  
Chloroform  
Chlorophenols  
Pentachlorophenol  
2,4,6-Trichlorophenol  
Chlorophenoxy herbicides (not necessarily all in group)  
4-Chloro-ortho-phenylenediamine  
CI Acid Red 114  
CI Basic Red 9  
CI Direct Blue 15  
Citrus Red No.2  
Cobalt and cobalt compounds  
Coffee (bladder)  
para-Cresidine  
Cycasin  
Dacarbazine  
Dantron (1,8-dihydroxyanthraquinone)  
Daunomycin  
DDT  
N,N'-Diacetylbenzidine  
4,4'-Diaminodiphenyl ether  
2,4-Diaminotoluene  
Dibenz[a,h]acridine  
Dibenz[a,j]acridine  
7H-Dibenzo[c,g]carbazole  
Dibenzo[a,e]pyrene  
Dibenzo[a,h]pyrene  
Dibenzo[ai]pyrene  
Dibenzo[a,l]pyrene  
1,2-Dibromo-3-chloropropane  
para-Dichlorobenzene

3,3'-Dichlorobenzene  
3,3'-Dichloro-4,4'-diaminodiphenyl ether  
1,2-Dichloroethane  
Dichloromethane  
1,3-Dichloropropene (technical grade)  
Dichlorvos  
Diepoxybutane  
Diesel fuel (marine)  
Di(2-ethylhexyl)phthalate  
1,2-Diethylhydrazine  
Diglycidyl resorcinol ether  
Dihydrosafrole  
Diisopropyl sulfate  
3,3'-Dimethoxybenzidine  
para-Dimethylaminoazobenzene  
trans-2-[(Dimethylamino)methylimino]-5-[2-(5-nitro-2-furyl[vinyl]-1,3,4-oxidiazole  
2,6-Dimethylaniline (2,6-Xylidene)  
3,3'-Dimethylbenzidine (ortho-tolidine)  
Dimethylformamide  
1,1-Dimethylhydrazine  
1,2-Dimethylhydrazine  
1,6-Dinitropyrene  
1,8-Dinitropyrene  
1,4-Dioxane  
Disperse Blue 1  
Ethyl acrylate  
Ethylene thiourea  
Ethyl methanesulphonate  
2-(2-Formylhydrazino)-4-(5-nitro-2-furyl)thiazole  
Fuel oils (residual, heavy)  
Fusarium moniliforme (toxins derived from)  
Fumonisin B1; Fumonisin B2; Fusarin C  
Gasoline  
Gasoline engine exhausts  
Glasswool  
Glu-P-1 (2-Amino-6-methyldipyrido[1,2-a:3'2'-d]imidazole)  
Glu-P-2(-Aminodipyrido[1,2-a:3'2'-d]imidazole)  
Glycidaldehyde  
Griseofulvin  
HC Blue No 1  
Heptachlor  
Hexachlorobenzene  
Hexachlorocyclohexanes  
Technical grades  
alpha isomer  
gamma isomer (lindane)  
Hexamethylphosphoramide  
Hydrazine  
Indeno[1,2,3-cd]pyrene  
Iron-dextran complex  
Isoprene  
Lasiocarpine  
Lead and lead compounds (inorganic)  
Magenta (containing CI Basic Red 9)  
Man-made mineral fibres (see glasswool, rockwool, slagwool, and ceramic fibres)  
MeA-a-C (2-Amino-3-methyl-9H-pyrido[2,3-b]indole)  
MeIQ (2-Amino-3,4-dimethylimidazo[4,5-f]-quinolone)  
MeIQx (2-Amino-3,8-dimethylamidazo[4,5-f]quinoxaline)  
Methylmercury compounds (methylmercuric chloride)  
Merphalan  
2-Methylaziridine

Methylazoxymethanol and its acetate  
5-Methylchrysene  
4,4'-Methylenebis(2-methylaniline)  
4,4'-Methylenedianiline  
Methylmethanesulphonate  
2-methyl-1-nitroanthraquinone (uncertain purity)  
N-methyl-N-nitrosourethane  
Methylthiouracil  
Metronidazole  
Mirex  
Mitomycin  
Monocrotaline  
5-(Morpholinomethyl)-3-[(5-nitrofurfurylidene)amino]-2-oxazolidinone  
Nafenopin  
Niridazole  
5-Nitroacenaphthene  
6-Nitrochrysene  
Nitrofen (technical grade)  
2-Nitrofluorene  
1-[(5-Nitrofurfurylidene)amino]-2-imidazolidinone  
N-[4-(5-Nitro-2-furyl)-2-thiazolyl]acetamide  
Nitrogen mustard N-oxide  
Nitrolotriacetic acid and its salts  
2-Nitropropane  
1-Nitropyrene  
4-Nitropyrene  
N-Nitrosodi-n-butylamine  
N-Nitrosodiethanolamine  
N-Nitrosodi-n-propylamine  
3-(N-Nitrosomethylamino)propionitrile  
4-(N-Nitrosomethylamino)-1-(3-pyridyl)-1-butanone (NNK)  
N-Nitrosomethylethylamine  
N-Nitrosomethylvinylamine  
N-Nitrosomorpholine  
N-Nitrosornicotine  
N-Nitrosopiperidene  
N-Nitrosopyrrolidine  
N-Nitrososarcosine  
Ochratoxin A  
Oil Orange  
Panfuran S (containing dihydroxymethylfuratzine)  
Phenazopyridine hydrochloride  
Phenobarbital  
Phenoxybenzamine hydrochloride  
Phenyl glycidyl ether  
Phenytoin  
PhIP (2-Amino-1-methyl-6-phenylimidazo[4,5-b]pyridine)  
Pickled vegetables, traditional Asian  
Polybrominated biphenyls  
Ponceau MX  
Ponceau 3R  
Potassium bromate  
1,3-Propane sultone  
Propylene oxide (downgraded from 2A)  
Progesterins  
Medroxyprogesterone acetate  
á-Propiolactone  
Propylthiouracil  
Rockwool  
Saccharin  
Safrole  
Slagwool  
Sodium ortho-phenylphenate

Sterigmatocystin  
Streptozotocin  
Styrene  
Sulfallate  
2,3,7,8-Tetrachlorodibenzo-para-dioxin (TCDD)  
Tetrachloroethylene  
Textile manufacturing (occupational exposures)  
Thiocetamide  
4,4'-Thiodianiline  
Thiourea  
Toluene diisocyanates  
ortho-Toluidine  
Toxaphene (polychlorinated camphenes)  
Trichlormethine (trimustine hydrochloride)  
Trp-P-1 (3-Amino-1,4-dimethyl-5-H-pyrido[4,3-b]indole)  
Trp-P-2 (3-Amino-1-methyl-5H-pyrido[4,3-b]indole)  
Trypan blue  
Uracil mustard  
Urethane  
4-Vinylcyclohexene  
4-Vinylcyclohexene diepoxide  
Welding fumes  
Wood industries  
Carpentry and joinery

#### REFERENCES

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International Agency for Research on Cancer, World Health Organisation,  
Monographs volumes 1-60, 1972-1994 and Supplement 7 1987.

US Department of Health and Human Services, National Toxicology Program,  
Sixth Annual Report on Carcinogens, 1991.

<http://curezone.com/diseases/toxins/carcinogens.asp>

## APPENDIX II

# 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 | <b>Safe</b>   |
| E101     | Riboflavin (Vitamin B2)             | Colour - Yellow and Orange | <b>Safe</b>   |
| 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><br><br>May increase hyperactivity in affected children. Take care if you are sensitive to Aspirin.      |
| E124     | Ponceau 4R / Cochineal Red          | Colour - Red               | May increase  |

|       |  |                              |   |
|-------|--|------------------------------|---|
|       | A  |                              | hyperactivity in affected children.<br>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 / Idigotine                 | 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.  |
| E160a | Alpha, Beta, Gamma Carotene                | Colour - 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<br><b>Intestine Upset</b>   |
| E201  | Sodium Sorbate                    | Preservative - Sorbic Acid and its salts  | Headaches<br><b>Intestine Upset</b>   |
| E202  | Potassium Sorbate                 | Preservative - Sorbic Acid and its salts  | Headaches<br><b>Intestine Upset</b>   |
| E203  | Calcium Sorbate                   | Preservative - Sorbic Acid and its salts  | Headaches<br><b>Intestine Upset</b>   |
| E210  | Benzoic Acid                      | Preservative - Benzoic Acid and its salts | Headaches<br><b>Intestine Upset</b><br><br>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 -                            | Same as E210  |

|      |                                       |  |   |
|------|---------------------------------------|--|---|
|      |                                       | Benzoic Acid and its salts                   |   |
| 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<br><b>Intestine Upset</b><br><b>Skin Disorders</b><br><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<br><b>Intestine Upset</b><br><b>Skin Disorders</b>                                |
| E231 | 2-Hydroxybiphenyl                     | Preservative - Biphenyl and its              | Same as E230  |

|      |                                |   |  |
|------|--------------------------------|---|--|
|      |                                | derivatives                                 |  |
| 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<br><b>Intestine Upset</b><br><b>Skin Disorders</b> |
| E261 | Potassium Acetate              | Miscellaneous - Acids and their Salts       | Headaches<br><b>Intestine Upset</b><br><b>Skin Disorders</b> |
| E262 | Potassium Hydrogen Diacetate   | Miscellaneous - Acids and their Salts       | Headaches<br><b>Intestine Upset</b><br><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 | Potassuim 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                 | Safe   |

|      |   |   |  |
|------|---|---|--|
|      |   | derivatives                                     |  |
| E304 | Ascorbyl Palmitate                      | Antioxidants-<br>Vitamin C and<br>derivatives   | Safe   |
| E306 | Natural Extracts rich in<br>Tocopherols | Antioxidants-<br>Vitamin E                      | Safe   |
| E307 | Synthetic Alpha-Tocopherol              | Antioxidants-<br>Vitamin E                      | Safe   |
| E308 | Synthetic Gamma-<br>Tocopherol          | Antioxidants-<br>Vitamin E                      | Safe   |
| E309 | Synthetic Delta-Tocopherol              | Antioxidants-<br>Vitamin E                      | Safe   |
| E310 | Propyl Gallate                          | Antioxidants- other                             |  |
| E311 | Octyl Gallate                           | Antioxidants- other                             |  |
| E312 | Dodecyl Gallate                         | Antioxidants- other                             |  |
| E320 | Butylated Hydroxyanisole<br>(BHA)       | Antioxidants- other                             | May increase<br>hyperactivity in<br>affected children.<br>Asthmatics<br>sometimes react<br>badly. Be cautious if<br>you suffer from<br>allergies or<br>intolerances. May not<br>be suitable for babies |
| E321 | Butylated Hydroxytoluene<br>(BHT)       | Antioxidants- other                             | Same as E320   |
| E322 | Lecithins                               | Emulsifiers and<br>Stabilisers                  |  |
| E325 | Sodium Lactate                          | Miscellaneous - Salts<br>of Lactic Acid         |  |
| E326 | Potassium Lactate                       | Miscellaneous - Salts<br>of Lactic Acid         |  |
| E327 | Calcium Lactate                         | Miscellaneous - Salts<br>of Lactic Acid         |  |
| E330 | Citric Acid                             | Miscellaneous -<br>Citric Acid and its<br>Salts | <b>Intestine Upset</b>   |
| E331 | Sodium Citrates                         | Miscellaneous -<br>Citric Acid and its<br>Salts |  |
| E332 | Potassium Citrates                      | Miscellaneous -<br>Citric Acid and its<br>Salts |  |
| E333 | Calcium Citrates                        | Miscellaneous -<br>Citric Acid and its<br>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        |                        |
| 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        |                        |
| 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,<br>Sodium Salt                    | Emulsifiers and<br>Stabilisers -<br>Cellulose and<br>derivatives   |  |
| E470 | Sodium, Potassium and<br>Calcium Salts of Fatty Acids     | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E471 | Mono-and Diglycerides of<br>Fatty Acids                   | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E472 | Various Esters of Mono-and<br>Diglycerides of Fatty Acids | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E473 | Sucrose Esters of Fatty Acids                             | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E474 | Sucroglycerides   | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E475 | Polyglycerol Esters of Fatty<br>Acids                     | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E477 | Propane-1,2-Diol Esters of<br>Fatty Acids                 | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E481 | Sodium Stearoyl-2-Lactylate                               | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E482 | Calcium Stearoyl-2-Lactylate                              | Emulsifiers and<br>Stabilisers - salts or<br>Esters of Fatty Acids |  |
| E483 | Stearyl Tartrate  | Emulsifiers and<br>Stabilisers - salts or<br>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<br>Orange |  |
| 128           | Red 2G             | Colours - Red                  | May increase<br>hyperactivity in affected<br>children. |
| 133           | Brilliant Blue FCF | Colours - Blue                 | May increase<br>hyperactivity in affected<br>children. |
| 154           | Brown FK           | Colours - Brown and<br>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)          | Emulsifiers and                                      |   |

|     |   |  |  |
|-----|---|--|--|
|     | Sorbitan / Polysorbate 20                                     | 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 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    |  |
| 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           | Miscellaneous - Silicon  |  |

|            | Salt)   | 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><br>Headaches<br><b>Intestine Upset</b><br><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        | Sodium5-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**

**No.      Description**

**E100      Safe ??**

**E101      Safe ??**

**E102      Dangerous**

**E103      Forbidden**

**E104      Suspicious**

|             |                       |
|-------------|-----------------------|
| <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>         |
| <b>E410</b> | <b>Safe ??</b>         |
| <b>E411</b> | <b>Safe ??</b>         |
| <b>E413</b> | <b>Safe ??</b>         |
| <b>E414</b> | <b>Safe ??</b>         |
| <b>E420</b> | <b>Safe ??</b>         |
| <b>E421</b> | <b>Safe ??</b>         |
| <b>E422</b> | <b>Safe ??</b>         |
| <b>E450</b> | <b>Peptic Disorder</b> |
| <b>E461</b> | <b>Peptic Disorder</b> |
| <b>E462</b> | <b>Peptic Disorder</b> |
| <b>E463</b> | <b>Peptic Disorder</b> |
| <b>E465</b> | <b>Peptic Disorder</b> |
| <b>E466</b> | <b>Peptic Disorder</b> |
| <b>E471</b> | <b>Safe ??</b>         |
| <b>E472</b> | <b>Safe ??</b>         |
| <b>E473</b> | <b>Safe ??</b>         |
| <b>E474</b> | <b>Safe ??</b>         |
| <b>E475</b> | <b>Safe ??</b>         |
| <b>E477</b> | <b>Suspicious</b>      |

**E480    Safe ??**

<http://curezone.com/foods/ennumbers.asp#No-prefix>