



**AHavenfromEczema.com**

**ADDITIVE LIST CHART**

<b>Additive Code</b>	<b>Additives</b>	<b>Advice</b>
100	Curcumin or turmeric (contains salicylates so avoid it if you are sensitive to salicylates)	CAUTION
101	Riboflavin, also called lactoflavin, vitamin B2, Riboflavin-5'-phosphate	OK
102 (artificial)	Tartrazine, also called yellow #5, CI 19140 (yellow food colour)	AVOID
103	Alkanet or Alkannin, pink (could contain salicylates)	CAUTION
104 (artificial)	Quinoline yellow, CI 47005	AVOID
110 (artificial)	Sunset yellow FCF, yellow #6, CI 15985	AVOID
120	Cochineal or carmines or Carminic acid, red (certain people are allergic)	CAUTION
122 (artificial)	Azorubine or Carmoisine, CI 14720	AVOID
123 (artificial)	Amaranth, also called CI 16185	AVOID
124 (artificial)	Ponceau 4R, also called brilliant scarlet, CI 16255	AVOID
127 (artificial)	Erythrosine, also called red #3, CI 45430	AVOID
129 (artificial)	Allura red AC, also called red #40, CI 16035	AVOID
132 (artificial)	Indigotine, also called indigo carmine, blue #2, CI 73015	AVOID
133 (artificial)	Brilliant Blue FCF, also called blue #1, CI 42090	AVOID
140	Chlorophyll (may contain salicylates, amines or glutamates)	CAUTION
141	Chlorophyll-copper complex, sodium and potassium salts (may contain salicylates or glutamates)	CAUTION
142 (artificial)	Green S, acid brilliant green, CI 44090	AVOID
143 (artificial)	Fast green FCF, green #3, CI 42053	AVOID
150a	Caramel, safest out of all caramels	CAUTION
150b	Caramel, may cause gastrointestinal problems	CAUTION
150c	Caramel, known to cause convulsions in animals	CAUTION
150d	Caramel	CAUTION

151 (artificial)	Brilliant black BN or Brilliant black PN, CI28440	AVOID
153(artificial)	Carbon blacksalso calledVegetable carbon	OK
155 (artificial)	Brown HT,also calledchocolate brown, CI 52028	AVOID
160a	Carotene, or beta carotene	OK
160b	Annatto extracts,also called bixin, norbixin, CI 75120	AVOID
160c	Paprika oleoresins (may contain salicylates, amines or glutamates)	CAUTION
160d	Lycopene (may contain salicylates, amines or glutamates)	CAUTION
160e	b-apo-8'-Carotenal	OK
160f	b-apo-8'-Carotenoic acid methyl or ethyl ester	OK
161a	Flavoxanthin (may contain salicylates, amines or glutamates)	CAUTION
161b	Lutein (may contain salicylates, amines or glutamates)	CAUTION
161c	Kryptoxanthin (may contain salicylates, amines or glutamates)	CAUTION
161d	Rubixanthin (may contain salicylates, amines or glutamates)	CAUTION
161e	Violoxanthin (may contain salicylates, amines or glutamates)	CAUTION
161f	Rhodoxanthin (may contain salicylates, amines or glutamates)	CAUTION
162	Beet red (may contain sodium nitrate- not suitable for infants and small children)	CAUTION
163	Anthocyanins also called Grape skin extract or Blackcurrant extract, red, blue, violet (may contain salicylates, amines or glutamates)	CAUTION
164	Saffron or crocetin or crocin (commercial saffron may be mixed with artificial colour 102. Pure color from the saffron plant is safe)	CAUTION
170	Calcium carbonate, or mineral colour and calcium supplement	CAUTION
171	Titanium dioxide, or mineral colour, white, CI 77891	OK
172	Iron oxide, red, black, yellow mineral colours, CI 77491	OK
173	Aluminum, mineral colour	OK
174	Silver, mineral colour	OK
175	Gold, mineral colour	OK
181	Tannic acid or tannins, brown (may containhigh salicylates, amines or glutamates). Large doses can cause gastric problems.	CAUTION
<b>Preservatives - sorbates (related with food intolerance reactions)</b>		
200	Sorbic acid (skin irritant)	AVOID
201	Sodium sorbate (manufactured from sorbic acid)	AVOID
202	Potassium sorbate (possible liver damage)	AVOID
203	Calcium sorbate (manufactured from sorbic acid)	AVOID

	<b>Preservatives - benzoates (related with food intolerance reactions)</b>	
210	Benzoic acid (large doses can induce gastrointestinal problems)	AVOID
211	Sodium benzoate (nettle rash sufferers are likely to be sensitive)	AVOID
212	Potassium benzoate (nettle rash sufferers are likely to be sensitive)	AVOID
213	Calcium benzoate (nettle rash sufferers are likely to be sensitive)	AVOID
216	Propylparaben or Propyl-p-hydroxy-benzoate (sometimes included in medications, possible skin irritant)	CAUTION
218	Methylparaben or Methyl-p-hydroxy-benzoate (sometimes included in medications)	CAUTION
	<b>Preservatives - sulphites, sulfites (are linked with intolerance reactions but particularly asthma. Not to be confused with sulphates 514-519 which are safe)</b>	
220	Sulphur dioxide, (can be fatal to asthmatics)	AVOID
221	Sodium sulphite or sulfite (gastric irritation, nettle rash)	AVOID
222	Sodium bisulphate or bisulfite (gastric irritation, nettle rash)	AVOID
223	Sodium metabisulphite or metabisulfite, meta (gastric irritation, nettle rash)	AVOID
224	Potassium metabisulphite, or metabisulfite, meta	AVOID
225	Potassium sulphite, or sulfite	AVOID
228	Potassium bisulphite, or sulfite	AVOID
234	Nisin (naturally occurring antibiotic)	OK
235	Natamycin or pimaricin (naturally occurring antibiotic)	OK
242	<i>Dimethyl dicarbonate (preservative reclassified as a Processing Aid, like ozone, hydrogen peroxide, lactoperoxidase, sodium thiocyanate and octanoic acid)</i>	OK
243	Ethyl lauroyl arginate (antimicrobial)	OK
	<b>Preservatives - nitrates and nitrites (also colour fixative function.</b>	
249	Potassium nitrite (carrying ability of blood can effected)	AVOID
250	Sodium nitrite (carrying ability of blood can effected)	AVOID
251	Sodium nitrate (carrying ability of blood can effected)	AVOID
252	Potassium nitrate (potential carcinogen)	AVOID
	<b>Food acids</b>	
260	Acetic acid, glacial	OK
261	Potassium acetate also called Potassium diacetate (to be avoided by those with poor kidneys)	CAUTION
262	Sodium acetate, or Sodium diacetate	OK
263	Calcium acetate	OK
264	Ammonium acetate	OK

270	Lactic acid	OK
	<b>Preservatives - propionates (found in bakery products in Australia, UK and USA, seldom used in Europe. Hidden under names such as 'cultured dextrose' and certain other 'cultured' ingredients)</b>	
280	Propionic acid	AVOID
281	Sodium propionate (causes possible migraines)	AVOID
282	Calcium propionate (skin irritation, migraine)	AVOID
283	Potassium propionate (causes possible migraines)	AVOID
290	Carbon dioxide (propellant manufactured from yeast fermentation)	OK
296	Malic acid (food acid) (may not be well digested by children)	OK
297	Fumaric acid (food acid)	OK
	<b>Antioxidants (Gallates and TBHQ, BHA and BHT are used to preserve vegetable oils and margarines. When vegetable oils are used in other products, these antioxidants are often unlisted because of the 5% labelling loophole. BHA and BHT can also leach into products from cereal wrappers and clingfilm. Antioxidants 300-309 are failsafe)</b>	
300	Ascorbic acid	OK
301	Sodium ascorbate (synthetic sodium salt of ascorbic acid)	OK
302	Calcium ascorbate (suggested avoidance for those with kidney stones)	OK
303	Potassium ascorbate	OK
304	Ascorbyl palmitate	OK
307	$\alpha$ -Tocopherol also known as Vitamin E	OK
307b	Tocopherols concentrate, mixed, Vitamin E	OK
308	$\delta$ -Tocopherol, synthetic	OK
309	$\gamma$ -Tocopherol, synthetic	OK
310	Propyl gallate (not permitted in foods for infants)	AVOID
311	Octyl gallate (not permitted in foods for infants)	AVOID
312	Dodecyl gallate (not permitted in foods for infants)	AVOID
315	Erythorbic acid (from sucrose)	OK
316	Sodium erythorbate	OK
319	tert-Butylhydroquinone, or TBHQ (potential nausea, vomiting, dizziness)	AVOID
320	Butylated hydroxyanisole, or BHA (possible carcinogen)	AVOID
321	Butylated hydroxytoluene, or BHT (not permitted in foods for infants)	AVOID
322	Lecithin	OK
	<b>More food acids</b>	

325	Sodium lactate (unsuitable for very young or lactase intolerant children)	OK
326	Potassium lactate (unsuitable for very young or lactase intolerant children)	OK
327	Calcium lactate	OK
328	Ammonium lactate (unsuitable for very young children with lactase intolerance)	OK
329	Magnesium lactate (unsuitable for very young children with lactase intolerance)	OK
330	Citric acid	CAUTION
331	Sodium citrate or Sodium dihydrogen citrate	OK
332	Potassium citrate or Potassium dihydrogen citrate	OK
333	Calcium citrate	OK
334	Tartaric acid (large doses can be mildly irritating)	OK
335	Sodium tartrate	OK
336	Potassium tartrate or Potassium acid tartrate	OK
338	Phosphoric acid	OK
	<b>Mineral salts</b>	
339	Sodium phosphate, or dibasic, or monobasic, or tribasic	OK
340	Potassium phosphate, or dibasic , or monobasic, or tribasic	OK
341	Calcium phosphate, dibasic or calcium hydrogen phosphate, monobasic or calcium dihydrogen phosphate, tribasic	OK
342	Ammonium phosphate, also known as dibasic, monobasic or Ammonium dihydrogen phosphates	OK
343	Magnesium phosphate, also known as dibasic, monobasic, tribasic	OK
349	Ammonium malate	OK
350	Sodium malate, also called Sodium hydrogen malate	OK
351	Potassium malate	OK
352	Calcium malate	OK
353	Metatartaric acid	OK
354	Calcium tartrate	OK
355	Adipic acid	OK
357	Potassium adipate	OK
359	Ammonium adipates	OK
363	Succinic acid	OK
365	Sodium fumarate	OK
366	Potassium fumarate	OK

367	Calcium fumarate	OK
368	Ammonium fumarate	OK
380	Ammonium citrate, or Triammonium citrate	OK
381	Ferric ammonium citrate	OK
385	Calcium disodium ethylenediaminetetraacetate or calcium disodium EDTA	OK
	<b>Vegetable gums and thickeners</b>	
400	Alginic acid	OK
401	Sodium alginate	OK
402	Potassium alginate	OK
403	Ammonium alginate	OK
404	Calcium alginate	OK
405	Propylene glycol alginate	OK
406	Agar (large amounts can cause stomach bloating and gas)	OK
407	Carrageenan (may be carcinogenic)	AVOID
407a	Processed eucheuma or seaweed	OK
409	Arabinogalactan or larch gum	OK
410	Locust bean gum also known as carob bean gum	OK
412	Guar gum	OK
413	Tragacanth gum (large amounts can cause stomach bloating and gas)	OK
414	Acacia or gum Arabic	OK
415	Xanthan gum	OK
416	Karaya gum	OK
417	Tara gum	OK
418	Gellan gum	OK
	<b>Humectants also used as sweeteners (overconsumption may cause laxative effects)</b>	
420	Sorbitol or sorbitol syrup (over consumption may have a laxative effect)	CAUTION
421	Mannitol (over consumption may have a laxative effect)	CAUTION
422	Glycerin or glycerol	OK
	<b>Emulsifiers</b>	
431	Polyoxyethylene (40) stearate	OK
433	Polysorbate 80 or Polyoxyethylene (20) sorbitan monooleate	OK

435	Polysorbate 60 or Polyoxyethylene (20) sorbitan monostearate	OK
436	Polysorbate 65 or Polyoxyethylene (20) sorbitan tristearate	OK
440	Pectin	OK
442	Ammonium salts of phosphatidic acid	OK
444	Sucrose acetate isobutyrate	OK
445	Glycerol esters of wood rosins	OK
	<b>More mineral salts</b>	
450	Pyrophosphates, Potassium pyrophosphate, Sodium acid pyrophosphate, Sodium pyrophosphate	OK
451	Triphosphates, Potassium tripolyphosphate, Sodium tripolyphosphate	OK
452	Polyphosphates, Potassium polymetaphosphate, Sodium metaphosphate, insoluble, Sodium polyphosphates, glassy	OK
	<b>Thickeners</b>	
455	Yeast mannoproteins	OK
460	Cellulose microcrystalline (anti-caking agent)	OK
460	Cellulose, powdered (anti-caking agent)	OK
461	Methyl cellulose	OK
463	Hydroxypropyl cellulose	OK
464	Hydroxypropyl methylcellulose	OK
465	Methyl ethyl cellulose	OK
466	Sodium carboxymethylcellulose (large amounts can cause stomach bloating and gas, suspected carcinogen)	CAUTION
	<b>Emulsifiers</b>	
470	Fatty acid salts of aluminium, ammonia, calcium, magnesium, potassium and sodium (can irritate bowel lining and skin)	CAUTION
471	Mono- and di-glycerides of fatty acids	OK
472a	Acetic and fatty acid esters of glycerol	OK
472b	Lactic and fatty acid esters of glycerol	OK
472c	Citric and fatty acid esters of glycerol	OK
472e	Diacetyltartaric and fatty acid esters of glycerol	OK
472f	Mixed tartaric, acetic and fatty acid esters of glycerol or tartaric, acetic and fatty acid esters of glycerol (mixed)	OK
473	Sucrose esters of fatty acids	OK
475	Polyglycerol esters of fatty acids	OK
476	Polyglycerol esters of interesterified ricinoleic acid	OK
477	Propylene glycol mono- and di-esters or Propylene glycol esters of fatty acids	OK

480	Diocetyl sodium sulphosuccinate	OK
481	Sodium lactylate, oleyl lactylate, stearyl lactylate	OK
482	Calcium lactylate, oleyl lactylate, stearyl lactylate	OK
491	Sorbitan monostearate	OK
492	Sorbitan tristearate	OK
	<b>Mineral salts (often used as anti-caking agents too)</b>	
500	Sodium bicarbonate or Sodium carbonate	OK
501	Potassium bicarbonate or Potassium carbonate	OK
503	Ammonium carbonate or Ammonium hydrogen carbonate	OK
504	Magnesium carbonate	OK
507	Hydrochloric acid	OK
508	Potassium chloride (Large amounts associated with gastric ulcers, should not be given to children)	CAUTION
509	Calcium chloride (possible stomach irritant)	CAUTION
510	Ammonium chloride (large amounts can cause acidosis)	CAUTION
511	Magnesium chloride	OK
512	Stannous chloride	OK
514	Sodium sulphate	OK
515	Potassium sulphate	OK
516	Calcium sulphate	OK
518	Magnesium sulphate (laxative)	OK
519	Cupric sulphate	CAUTION
526	Calcium hydroxide	OK
529	Calcium oxide	OK
530	Magnesium oxide	OK
535	Sodium ferrocyanide	OK
536	Potassium ferrocyanide	OK
541	Sodium aluminium phosphate	OK
542	Bone phosphate (vegetarians may want to avoid)	OK
551	Silicon dioxide, amorphous	OK
552	Calcium silicate	OK
553	Magnesium silicate or Talc (suspected carcinogen)	CAUTION



554	Sodium aluminosilicate (high intake associated with Alzheimer's and nerve damage because of aluminum salts)	CAUTION
555	Potassium aluminium silicate	OK
556	Calcium aluminium silicate (high intake associated with Alzheimer's and nerve damage because of aluminum salts)	CAUTION
558	Bentonite	OK
559	Aluminium silicate	OK
560	Potassium silicate	OK
570	Stearic acid or fatty acid	OK
575	Glucono δ-lactone or Glucono delta-lactone	OK
576	Sodium gluconate	OK
577	Potassium gluconate	OK
578	Calcium gluconate	OK
579	Ferrous gluconate	OK
580	Magnesium gluconate	OK
586	4-hexylresorcinol	OK
	<b>Flavour enhancers, glutamates and glutamate boosters (often hidden as yeast extract, hydrolysed vegetable protein HVP or hydrolysed plant protein HPP,</b>	
620	L-glutamic acid (unsuitable for infants and small children)	AVOID
621	Monosodium L-glutamate or MSG (unsuitable for infants and small children)	AVOID
622	Monopotassium L-glutamate (allergic responses-nausea, vomiting)	AVOID
623	Calcium glutamate	AVOID
624	Monoammonium L-glutamate	AVOID
625	Magnesium glutamate	AVOID
627	Disodium-5'-guanylate (prohibited in foods for infants or young children)	AVOID
631	Disodium-5'-inosinate (prohibited in foods for infants or young children)	AVOID
635	Disodium-5'-ribonucleotides	AVOID
636	Maltol (naturally occurring flavour enhancer)	OK
637	Ethyl maltol	OK
640	Glycine	OK
641	L-Leucine	OK
	<b>Miscellaneous additives</b>	
900a	Polydimethylsiloxane or Dimethylpolysiloxane (emulsifier, antifoaming agent, anti-caking agent) (possible carcinogen)	CAUTION
901	Beeswax, white and yellow (glazing agent)	OK

903	Carnauba wax (glazing agent)	OK
904	Shellac (glazing agent)	OK
905a	<i>Mineral oil, white (petroleum)</i>	OK
905b	Petrolatum or petroleum jelly (glazing agent)	OK
914	Oxidised polyethylene (humectant)	OK
920	L-cysteine monohydrochloride	OK
925	<i>Chlorine (flour treatment agent)(oxidizes other nutrients)</i>	CAUTION
926	<i>Chlorine dioxide (flour treatment agent)</i>	OK
928	<i>Benzoyl peroxide (flour treatment agent)</i>	OK
	<b>Propellants</b>	
941	Nitrogen	OK
942	Nitrous oxide	OK
943a	Butane	OK
943b	Isobutane	OK
944	Propane	OK
946	Octafluorocyclobutane	OK
	<b>Artificial sweeteners (may increase appetite and generally not recommended)</b>	
950	Acesulphame potassium	CAUTION
951	Aspartame, Nutrasweet, Equal (may cause headaches and hyperactivity)	CAUTION
952	Cyclamate or calcium cyclamate or sodium cyclamate (potential carcinogen)	CAUTION
953	Isomalt (excess consumption may have a laxative effect)	OK
954	Saccharin	CAUTION
955	Sucralose	CAUTION
956	Alitame	CAUTION
957	Thaumatococin	OK
960	Steviol glycosides	OK
961	Neotame	CAUTION
962	Aspartame-acesulphame salt	CAUTION
965	Maltitol and maltitol syrup or hydrogenated glucose syrup (over consumption can have a laxative effect)	CAUTION
966	Lactitol (excess consumption can have a laxative effect)	CAUTION
967	Xylitol (excess consumption can have a laxative effect)	CAUTION

968	Erythritol (excess consumption can have a laxative effect)	CAUTION
969	Advantame	CAUTION
	<b>Foaming agents</b>	
999(i)	Quillaia extract (type 1)	CAUTION
999(ii)	Quillaia extract (type 2)	CAUTION
	<b>Additional chemicals</b>	
1001	Choline salts	OK