

# Natural Life Consulting, LLC

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## **FOOD INGREDIENTS THAT CONTAIN MONOSODIUM GLUTAMATE (MSG)** **(MSG is also called "free glutamic acid")**

Autolyzed yeast  
Carageenan  
Cheese cultures  
Chicken base  
Chicken broth  
Chicken stock  
Corn starch  
Disodium inosinate (works well with glutamic acid)  
Disodium guanylate (works well with glutamic acid)  
Enzymes  
Enzyme modified cheese  
Flavoring  
High fructose corn syrup  
Hydrolyzed pea protein  
Hydrolyzed plant protein  
Hydrolyzed protein  
Hydrolyzed vegetable protein  
Malt extract  
Maltodextrin (could also be from grains)  
Modified corn starch  
Modified food starch  
Natural flavors  
Natural smoke flavor  
Nonfat milk solids  
Protein isolate  
Sodium caseinate  
Soy protein concentrate  
Soy sauce  
Wheat starch  
Whey protein concentrate  
Worcestershire sauce  
Yeast extract

**NOTE:** The label may say "No MSG", "MSG free" or "No MSG added", but MSG arises during the processing of protein in food products.