

Nasty additives

COLOURS

Artificial

102 tartrazine
104 quinoline yellow
107 yellow 2G
110 sunset yellow
122 azorubine, carmoisine
123 amaranth
124 ponceau, brilliant scarlet
127 erythrosine
128 red 2G
129 allura red
132 indigotine, indigo carmine
133 brilliant blue
142 green S, food green, acid brilliant green
151 brilliant black
155 brown, chocolate brown

Natural

160b annatto, bixin, norbixin

PRESERVATIVES

200-203 sorbic acid, potassium & calcium sorbates
210-213 benzoic acid, sodium, potassium & calcium benzoates
220-228 sulphur dioxide, all sulphites, bisulphites, metabisulphites
249-252 all nitrates & nitrites
280-283 propionic acid, sodium, potassium & calcium propionates

Antioxidants

310-312 all gallates
319-321 TBHQ, BHA butylated hydroxyanisole, BHT butylated hydroxytoluene

FLAVOUR ENHANCERS

620-625 glutamic acid and all glutamates, MSG monosodium glutamate
627 disodium guanylate
631 disodium inosinate
635 ribonucleotides
Yeast extract, HVP HPP hydrolysed vegetable or plant protein

FLAVOURS

Unregulated

ARTIFICIAL SWEETENERS

951 aspartame (NutraSweet, Equal)