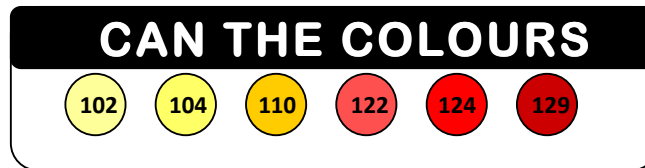


Can the Additives!!

'The Lancet' has published research by scientists at Southampton University investigating the effect of food additives on children's behaviour.#

The study concluded that the following food colourings had significant adverse effects on behaviour:

- Tartrazine (E102)
- Quinoline Yellow (E104)
- Sunset Yellow (E110)
- Carmoisine (E122)
- Ponceau 4R (E124)
- Allura Red (E129)



Food additives and hyperactive behaviour in 3-year-old and 8/9 year-old children in the community: a randomized double-blinded, placebo –controlled trial.
The Lancet, Volume 370, Issue 9598, 2007, pp 1560-1567

Generally, it's a good idea to avoid additives altogether. Keep this list handy.

<p>Artificial Colours:</p> <ul style="list-style-type: none"> • 102 tartrazine • 104 quinoline yellow • 110 sunset yellow • 122 carmoisine • 123 amaranth • 124 ponceau • 127 erythrosine • 129 allura red • 132 indigotine • 133 brilliant blue • 142 food green • 143 fast green • 151 brilliant black • 155 chocolate brown 	<p>Preservatives:</p> <ul style="list-style-type: none"> • 200-203 sorbic acid and sorbates • 210-213 benzoic acid and benzoates • 220-228 sulphur dioxide and sulphites • 280-283 propionic acid and propionates • 249-252 nitrates and nitrites <p>Antioxidants:</p> <ul style="list-style-type: none"> • 310-312 gallates • 319 TBHQ • 320 BHA • 321 BHT <p>Natural Colour:</p> <ul style="list-style-type: none"> • 160b annatto
<p>Flavour enhancers:</p> <ul style="list-style-type: none"> • 620-625 Glutamates, MSG, HVP, HPP • 627 Disodium guanylate 	<ul style="list-style-type: none"> • 631 Disodium inosinate • 635 Ribonucleotides

For more information go to the [links page about Food Additives](#)