

Various Ways Free Glutamate (MSG) is Labeled on Foods

Glutamic acid (E 620), Glutamate (E 620)
Monosodium glutamate (E 621)
Monopotassium glutamate (E 622)
Calcium glutamate (E 623)
Monoammonium glutamate (E 624)
Magnesium glutamate (E 625)
Sodium glutamate
Yeast extract
Anything "hydrolyzed"
Any "hydrolyzed protein"
Calcium caseinate, Sodium caseinate
Yeast food, Yeast nutrient
Autolyzed yeast
Gelatin
Textured protein
Soy protein, soy protein concentrate
Soy protein isolate
Whey protein, whey protein concentrate
Whey protein isolate
Vetsin
Carrageenan (E 407)
Bouillon and broth
Stock
Any "flavors" or "flavoring" [i.e. natural flavors, raspberry flavor, vanilla flavor, etc..]
Maltodextrin
Citric acid, Citrate (E 330)
Any protein that is "ultra-pasteurized"
Barley malt
Pectin (E 440)
Protease
Anything "enzyme modified"
Anything containing "enzymes"
Malt extract
Milk powder Reduced fat milk (skim; 1%; 2%) most things low fat or no fat
Soy sauce
Soy sauce extract
Anything "protein fortified"
Any protein that has been "fermented"
Seasonings / Spices
Corn starch
Corn syrup
Modified food starch
Lipolyzed butter fat

Dextrose
Rice syrup
Brown rice syrup
Anything enriched
Vitamin enriched
Xanthum gum
Auxi grow sprayed on conventional fruits and vegetables