



Table showing a selection of Food Additives banned in Sandcastles and their known adverse effects.

Number	Name	Comments
E102	Tartrazine	FD&C Yellow No.5; known to provoke asthma attacks (though the US FDA** do not recognise this) and urticaria (nettle rash) in children (the US FDA** estimates 1:10 000); also linked to thyroid tumours, chromosomal damage, urticaria (hives) and hyperactivity; tartrazine sensitivity is also linked to aspirin sensitivity; used to colour drinks, sweets, jams, cereals, snack foods, canned fish, packaged soups; banned in Norway and Austria
E104	Quinoline Yellow	FD&C Yellow No.10; used in lipsticks hair products, colognes; also in a wide range of medications; cause dermatitis; banned in USA and Norway
E107	Yellow 7G	yellow colour; the HACSG* recommends to avoid it ; people who suffer Asthma may also show an allergic reaction to it; typical products are soft drinks; banned in Australia and USA
E110	Sunset Yellow FCF, Orange Yellow S	FD&C Yellow No.6; used in cereals, bakery, sweets, snack foods, ice cream, drinks and canned fish; synthetic; also in many medications including Polaramine, Ventolin syrup; side effects are urticaria (hives), rhinitis (runny nose), nasal congestion, allergies, hyperactivity, kidney tumours, chromosomal damage, abdominal pain, nausea and vomiting, indigestion, distaste for food; seen increased incidence of tumours in animals; banned in Norway
E120	Cochineal, Carminic acid, Carmines	red colour; made from insects; rarely used; the HASC* recommends to avoid it
E122	Azorubine, Carmoisine	red colour; coal tar derivative; can produce bad reactions in asthmatics and people allergic to aspirin; typical products are confectionary, marzipan, jelly crystals; banned in Sweden, USA, Austria and Norway
E123	Amaranth	FD&C Red No.2; derived from the small herbaceous plant of the same name; used in cake mixes, fruit-flavoured fillings, jelly crystals; can provoke asthma, eczema and hyperactivity; it caused birth defects and foetal deaths in some animal tests, possibly also cancer; banned in the USA, Russia, Austria and Norway and other countries
E124	Ponceau 4R, Cochineal Red A	FD&C Red No.4; synthetic coal tar and azo dye, carcinogen in animals, can produce bad reactions in asthmatics and people allergic to aspirin; banned in USA & Norway
E127	Erythrosine	FD&C Red No.3; red colour used in cherries, canned fruit, custard mix, sweets, bakery, snack foods; can cause sensitivity to light; can increase thyroid hormone levels and lead to hyperthyroidism, was shown to cause thyroid cancer in rats in a study in 1990; banned in January 1990, but not recalled by the US FDA**; banned in Norway
E128	Red 2G	Banned in Australia and many other places except UK
E129	Allura red AC	FD&C Red No.40; Orange-red colour used in sweets, drinks and condiments, medications and cosmetics, synthetic; introduced in the early eighties to replace amaranth which was considered not safe due to conflicting test results; allura red has also been connected with cancer in mice; banned in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria and Norway
E131	Patent blue V	Banned in Australia, USA and Norway
E132	Indigotine, Indigo carmine	FD&C Blue Dye No.1; used in dairy products, sweets and drinks, synthetic usually occurring as aluminium lake (solution) or ammonium salt; banned in Belgium, France, Germany, Switzerland, Sweden, Austria, Norway

E133	Brillant blue FCF	FD&C Blue Dye No.1; used in dairy products, sweets and drinks, synthetic usually occurring as aluminium lake (solution) or ammonium salt; banned in Belgium, France, Germany, Switzerland, Sweden, Austria, Norway
E142	Green S	green colour; synthetic coal tar derivative; used in canned peas, mint jelly and sauce, packet bread crumbs and cake mixes; banned in Sweden, USA and Norway
E150(a)	Plain caramel	dark brown colour made from sucrose; the HACSG* recommends to avoid it . used in oyster, soy, fruit and canned sauces, beer, whiskey, biscuits, pickles
E150(b)	Caustic sulphite caramel	See E150(a)
E150(c)	Ammonia caramel	See E150(a)
E150(d)	Sulphite ammonia caramel	See E150(a)
E151	Brilliant Black BN, Black PN	colour; coal tar derivative; used in brown sauces, blackcurrant cake mixes; banned in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria, USA, Norway
E153	Vegetable carbon	black colour, charcoal pigment; used in jams, jelly crystals, liquorice; only the vegetable derived variety permitted in Australia, banned in the United States
E154	Brown FK	banned in USA
E155	Brown HT (Chocolate)	brown colour, coal tar and azo dye; used in chocolate cake mixes; can produce bad reactions in asthmatics and people allergic to aspirin; also known to induce skin sensitivity; banned in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria, USA, Norway
E160(b)	Annatto	red colour; derived from a tree (Bixa orellana); used as a body paint, fabric dye, digestive aid and expectorant; used to dye cheese, butter, margarine, cereals, snack foods, soaps, textiles and varnishes; known to cause urticaria (nettle rash), the HACSG* recommends to avoid it
E160(c)	Paprika extract, capsanthin, capsorubin	avoid it, banned in some countries
E214	Ethyl p-hydroxybenzoate	avoid it, banned in some countries
E215	Sodium ethyl p-hydroxybenzoate	avoid it, banned in some countries
E217	Sodium propyl p-hydroxybenzoate	avoid it, banned in some countries
E219	Sodium methyl p-hydroxybenzoate	avoid it, banned in some countries
E226	Calcium sulphite	avoid it, banned in some countries
E227	Calcium hydrogen sulphite	avoid it, banned in some countries
E230	Biphenyl, Diphenyl	banned in some countries ; can be used for agricultural purposes; typical products are citrus fruit
E233	Thiabendazole	banned in some countries , can be used for agricultural purposes, typical products are citrus fruits, apples, pears, potatoes, bananas, mushrooms, meat, milk
E236	Formic acid	avoid it, banned in some countries
E237	Sodium formate	avoid it, banned in some countries
E238	Calcium formate	avoid it, banned in some countries
E239	Hexamethylene tetramine	avoid it, banned in some countries
E250	Sodium nitrite	may provoke hyperactivity and other adverse reactions, potentially carcinogenic, restricted in many countries, can combine with chemicals in stomach to form nitrosamine, the HACSG* recommends to avoid it
E296	Malic acid	derived from fruit or synthetic; infants and young children should avoid it

Number	Name	Comments
E510	Ammonium	should be avoided by people with impaired liver or kidney function.

	chloride	Typical products are flour products
E513	Sulphuric acid	avoid it, banned in some countries
E524	Sodium hydroxide	avoid it, banned in some countries
E525	Potassium hydroxide	avoid it, banned in some countries
E527	Ammonium hydroxide	avoid it, banned in some countries
E528	Magnesium hydroxide	avoid it, banned in some countries
E530	Magnesium oxide	avoid it, banned in some countries
E540	Dicalcium diphosphate	avoid it, banned in some countries
E541	Sodium aluminium phosphate, Acidic	avoid it, banned in some countries
E544	Calcium polyphosphates	avoid it, banned in some countries
E545	Ammonium polyphosphates	avoid it, banned in some countries
E553(A)	Magnesium silicates	avoid it, banned in some countries
E553(B)	Talc	avoid it, banned in some countries
E576	Sodium gluconate	avoid it, banned in some countries
E620	Glutamic acid	flavour enhancer, salt substitute; amino acid present in many animal and vegetable proteins, derived commercially from bacteria; might cause similar problems as MSG(621), young children should avoid it
E635	Disodium 5'-ribonucleotide	may be associated with itchy skin rashes up to 30 hours after ingestion; rashes may vary from mild to dramatic; the reaction is dose-related and cumulative, some individuals are more sensitive than others; typical foods include flavoured chips, instant noodles and party pies; avoid it, banned in some countries
E905	Paraffins, Microcrystalline	may inhibit absorption of fats and fat soluble vitamins, mild laxative, there may be a link to bowel cancer ; used on sweets, in processing yeast, vitamin tablets, dried fruit, confectionary, collagen
E951	Aspartame	artificial sweetener, too many adverse effects possible to list, some people are allergic to aspartame, migraine headaches a common reaction in these people
E952	Cyclamic acid	calcium & sodium cyclamate, artificial sweetener; known to cause migraines and other reactions, can be carcinogenic, caused damage of rats testicles and mouse embryos in tests, banned in the US and UK due its links with cancer
E954	Saccharines	calcium & sodium saccharin; artificial sweetener derived from toluene (a known carcinogen); banned in 1977 in the US , but reinstated subject to strict labelling starting: "Use of this product may be hazardous to your health, this product contains saccharin which has been determined to cause cancer in laboratory animals"

*HACSG - Hyperactive Children Support Group

Further information on additional additives is available from lactose.co.uk