

FOOD AND GROCERY PRODUCTS ALMOST ALWAYS CONTAINING MSG

Flavored potato chips

Flavored nacho chips

Canned soups and dry soup mixes

Gravy mixes

Bullion cubes

Salad dressings

Frozen fish with breading

Jerkies

Canned meats

Box dinners

Breakfast sausage

Any dinner "mix" with a flavor packet

Frozen dinners

International foods

Poultry injected with broth

Vegetarian foods (typically contain yeast extract) like veggie burgers

Meat broths (chicken broth, beef broth)

Symptoms of MSG Syndrome

Headaches

Weakness

Dizziness

Palpitations

Cramps

Diarrhea

Nausea

Gas/bloating

Chest tightness

Tingling/burning in face and chest

Blurring of vision

Seeing shining lights

Difficulty focusing

Tingling around eyes

Depression

Paranoia

Rage reactions

Attention deficit disorder (ADD)

Panic attacks

Confusion

Insomnia

Muscle aches

Weakness/paralysis

Jaw stiffness (TMJ)

Back pain

Tendonitis

Arthritis

Numbness of face

Speech slurred

Sneezing

Sleepiness

Asthma

Excessive perspiration

Fast heartbeat

Balance problems, staggering

Children's MSG Symptoms

Asthma

Behavioral problems/ADD

Stomach cramps

Chest discomfort

Thirst

Headache

Stomachache

Tiredness, depression

Nausea

Dizziness

Throat symptoms

Loss of bowel or bladder control

Rage reactions

Hostility to other children



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