



Avoid Consuming Excitotoxins

Glutamate	Glutamic acid	Gelatin
Monosodium glutamate	Calcium caseinate	Textured protein
Monopotassium glutamate	Sodium caseinate	Yeast nutrient
Yeast extract	Yeast food	Autolyzed yeast
Hydrolyzed protein (any protein that is hydrolyzed)	Hydrolyzed corn gluten	Sodium glutamate (sodium is Latin/German for sodium)
Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Citric acid	Malt flavoring
Bouillon and Broth	Natural chicken flavoring	Soy protein isolate
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley malt	Soy sauce extract
Whey protein concentrate	Pectin	Soy protein
Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified

Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented
Natural flavor(s) & flavoring(s)	Enzymes anything	Seasonings (the word "seasonings")

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- **Aspartame** (also known as Equal, AminoSweet, NutraSweet, Spoonful): Very common in sugar-free food products, especially sugar-free gums and drinks. Most aspartame is made from the fecal matter of genetically modified bacteria. Studies have linked aspartame to diabetes, migraines, kidney failure, seizures, blindness, obesity, neurological disorders, mental illness and brain tumors.
- **Monosodium glutamate** (also known as sodium glutamate, MSG): Very common in chips, canned food, baby food and other junk food. Independent researchers believe that MSG plays an important role in neurodegenerative brain disease, including Alzheimer's, Parkinson's and Huntington's disease. The evidence supporting their claim is that MSG destroys neurons in cells, especially brain cells.
- **Sucralose** (also known as Splenda): An artificial sweetener that is very popular in sugar-free products, especially sugar-free drinks. Sucralose was accidentally discovered while doing research to create a new insecticide, which is why some researchers suggested that sucralose should be listed in the insecticide category. This neurotoxin is regarded as a chemical cousin to DDT. Sucralose is a chlorinated compound. When the body breaks this type of chlorinated compound, it releases toxic chemicals.
- **Aluminum:** This type of metal is common in drinking water, over-the-counter antacid and vaccine. Aluminum is hard for the body to absorb, but citrate or citric acid can dramatically increase its absorption. Vaccine is one of the major contributors to aluminum toxicity, because the aluminum is injected directly into the body.
- **Mercury:** This heavy metal is common in fish products, vaccine and amalgam fillings (also known as silver fillings). Mercury can be found in drinking water too. Mercury is one of the most toxic neurotoxins, because it easily destroys brain tissue
- **Fluoride** (sodium fluoride): This toxin is very common in drinking water and conventional toothpaste. Fluoride was used to kill rats before it was introduced into consumer products. The fluoride used for consumer products is a mixture of many hazardous chemicals. It is known as sodium fluoride, not to be confused with the natural calcium fluoride. This is why there are warning labels on fluoridated toothpaste.
- **Hydrolyzed vegetable protein:** This harmful food ingredient is very common in certain junk food. Hydrolyzed vegetable protein contains high concentrations of glutamate and aspartate. In high levels, glutamate and aspartate can stimulate nerve cells to death.
- **Calcium caseinate:** This toxin is popular in protein supplement, energy bar and junk food. It is harmful to the brain due to its neurotoxic properties.
- **Sodium caseinate:** This type of protein is common in dairy products and junk food. It has been linked to autism and gastrointestinal problems.
- **Yeast extract:** A popular food ingredients in many processed food, such as canned food. It is toxic to the brain.

Source: [Russell L. Blaylock, M.D. *Excitotoxins: The Taste That Kills*](#)