

## MSG – Known Food Sources and Suggested Supplementation

### Excitotoxins – The Taste That Kills - by: Russell Blaycock, MD

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Foods to watch out for include: Soybean milk (naturally high in glutamate / often has hydrolyzed vegetable protein added to it), kombu, miso, and soy sauces all contain MSG.

Sources of MSG include: MSG, Monosodium Glutamate, Hydrolyzed Vegetable Protein, Vegetable Protein, Hydrolyzed Plan Protein, Plant Protein Extract, Sodium Caseinate, Calcium Caseinate, Yeast Extract, Textured Protein, Autolyzed Protein, Autolyzed Yeast, and Hydrolyzed Oat Flour.

Additives frequently containing MSG: Malt extract, Malt Flavoring, Bouillon, Broth, Stock, Flavoring, Natural Flavoring, Natural Beef or Chicken Flavoring, Seasoning and Spices.

Additives that may contain MSG or Excitotoxins: Carrageenan, Enzymes, Soy Protein Concentrate, Soy Protein Isolate, and Protein Concentrate. Protease enzymes of various sources can release excitotoxin amino acids from food proteins.

Suggested Reading:

Excitotoxins – The Taste that Kills, by Dr. Russell L. Blaylock, MD

The Zone – A Dietary Roadmap, by Dr. Barry Sears

Suggested Supplements according to Dr. Russell L. Blaylock, MD , Neurosurgeon and Author of Excitotoxins – The Taste that Kills

Alpha-lipoic acid	Exceptional for excitotoxin protection
Co-enzyme Q10 & Niacinamide, Riboflavin & Thiamine	Prevents excitotoxin damage by improving energy in the brain
Acetyl- L-Carnitine	Reduces memory loss in the brain (expensive)
L-Carnitine	Improved long-term memory and learning
Taurine	Function is to protect the brain & stabilize nervous system excitability
Lecithin	Repairs injuries to the insulation of nerve cells (keep refrigerated)
Phosphatidylserine	Phospholipid with superior neurological properties / improved memory over time; natural glutamate blocker
Dihydro-ergot Compounds (Hydergine)	Counteracts effects of aging brain – oxygen delivery and free radical scavenging
DMAE (Deanol)	Natural in sardines and anchovies – increases choline in the brain – helps moods, improves memory and learning ability (even in children)
Querestin & Hesperidin	Protects eyes and retinal barrier – may also strengthen blood-brain barrier
Vitamins C & E	Antioxidants (helpful also in cancer prevention)
Minerals Magnesium & Zinc	Excitotoxin protection – protects the cells

Reference:

Blaylock, R. (1997). Excitotoxins – The Taste That Kills, Albuquerque, NM: Health Press NA.