

Ingredient:

Artificial Colors:

- Linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches.

Artificial Flavorings:

- Linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma
- Can affect enzymes, RNA and thyroid.

Artificial Sweeteners:

(Acesulfame-K, Aspartame, Equal®, NutraSweet®, Saccharin, Sweet'n Low®, Sucralose, Splenda® & Sorbitol)

- Can negatively impact metabolism
- Some have been linked to cancer, dizziness hallucinations and headaches.

Benzoate Preservatives (BHT, BHA, TBHQ):

- May result in hyperactivity, angiodema, asthma, rhinitis, dermatitis, tumors and urticaria
- Can affect estrogen balance and levels.

Brominated Vegetable Oil (BVO):

- Increases triglycerides and cholesterol
- Can damage liver, testicles, thyroid, heart and kidneys.

High Fructose Corn Syrup (HFCS):

- May predispose the body to turn fructose into fat
- Increases risk for Type-2 diabetes, coronary heart disease, stroke and cancer
- Isn't easily metabolized by the liver.

MSG (Monosodium Glutamate):

- May stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations and difficulty in breathing.

Olestra:

- Inhibits absorption of some nutrients
- Linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence.

Shortening, Hydrogenated and Partially Hydrogenated Oils (Palm, Soybean and others):

- Industrially created fats used in more than 40,000 food products in the U.S.
- Cheaper than most other oils.
- Contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of heart disease.