

Never Ever List of Chemicals - Supplements & Food

| Chemical Name | What's in it? |
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| Acetate | Vitamin A B13 - See Synthetic Vitamins |
| Aminobenzoic Acid | PABA Para-aminobenzoic Acid - See Synthetic Vitamins |
| Arsenic | High levels of lead and arsenic are routinely found in various food, supplement and herbal products from China. China is the most polluted nation on the planet (by far), yet many fruits, vegetables and herbs are grown in China and exported to North America for use in natural products when lead, arsenic, mercury and cadmium get to high saturation levels (or are present in inorganic forms), it makes the products potentially a source of heavy metals poisoning for consumers. Many protein shakes and cosmetics are filled with heavy metals and toxins and you should know that arsenic is added on purpose to the diet of conventionally grown chickens to make the chickens meat look more appealing |
| Artificial colors | Artificial colors are added to supplements and foods to make the appearance of processed foods or supplements more appealing for consumers. Some of the artificial coloring are driven from toxic coal tar that is also used inside the exterior paints and roofing. Artificial colors have been linked to many health problems such as autism, ADHD and cancer. Look for FD&C Blue No. 1, FD&C Blue No. 2, FD&C Green No. 3, FD&C Red No. 3, FD&C Red No. 40, FD&C Yellow No. 5, FD&C Yellow No. 6 |
| Ascorbic Acid | Vitamin C - See Synthetic Vitamins |
| BHT | See Sodium Benzoate |
| Bisphenol-A (BPA) | A toxic chemical and potent endocrine disrupter which leaches out of the plastic. Some of the greatest concern surrounds early-life exposure to BPA, which can lead to chromosomal errors in the developing fetus, triggering spontaneous miscarriages and genetic damage. And being exposed to just 0.23 parts per billion of BPA is enough to disrupt the effect of estrogen in a baby's developing brain. For this reason, women of childbearing age and those who are pregnant should be especially diligent at avoiding BPA, but practically no one is immune. One recent study found the chemical can lead to heart disease, diabetes and liver problems in adults, and previous research has linked BPA to: Structural damage to your brain, Hyperactivity, increased aggressiveness, and impaired learning Increased fat formation and risk of obesity, altered immune function, early puberty, stimulation of mammary gland development, disrupted reproductive cycles, and ovarian dysfunction, changes in gender-specific behavior, and abnormal sexual behavior, stimulation of prostate cancer cells, increased prostate size, and decreased sperm production, diabetes, heart disease, liver damage |

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| Boric Acid | See Cupric Acid |
| BPA | See Bisphenol-A |
| Calciferol | Vitamin D - See Synthetic Vitamins |
| Calcium D-Pantothenate | Pantothenic Acid - See Synthetic Vitamins |
| Calcium hydroxide | Aka "slaked lime," is considered toxic, according to the National Institutes of Health, ingestion of calcium hydroxide can cause severe throat pain, a burning sensation in the mouth, abdominal pain, vomiting, bloody stool or vomit, rapidly falling blood pressure and collapse |
| Carnauba wax | Carnauba wax is used in car wax and shoe polish, do you want that in your body? |
| Carrageenan | Carrageenan is another toxic filler found in many supplements and food products including milk chocolate, milk products, frozen dinner, soups, yogurt and ice cream. Carrageenan is driven from red seaweed and have been linked to cancer, gastrointestinal problems, inflammation and leaky gut. |
| Chaparral | Colds, weight loss, infections, inflammation, cancer, detoxification. Liver damage, kidney problems. The FDA advises people not to take chaparral |
| Choline Bitartrate | Choline - See Synthetic Vitamins |
| Choline Chloride | Choline - See Synthetic Vitamins |
| Cobalamin | Vitamin B12 - See Synthetic Vitamins (see also Cyanocobalamin) |
| Cupric Sulfate | Both Cupric sulfate and boric acid can be present in many best selling supplements and they can cause DNA damage and birth defects. They can also cause inflammation, headaches and depression |
| Cyanocobalamin | Vitamin B12 - See Synthetic Vitamins (see also Cobalamin) |
| d-Biotin | Biotin - See Synthetic Vitamins |
| Dextrose | Has been linked to increased abdominal fat and insulin resistance since it can raise blood sugar, even to variable degrees. You'll find dextrose used as a filler in many diet foods and supplements, especially artificially sweetened foods and certain multivitamins |

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| Dimethylamylamine | Dimethylamylamine, or DMAA, was recently considered to be an illegal substance for manufacturers to include in vitamins and supplements, yet it is still being found on shelves. It is considered a highly toxic and even potentially deadly ingredient used in many weight loss supplements and sports supplements. DMAA has been linked to heart attacks, strokes, irregular heartbeats and problems with breathing |
| dl form of any Vitamin | See Synthetic Vitamins |
| dl-alpha tocopherol | Vitamin E - See Synthetic Vitamins |
| dl-alpha tocopherol acetate | Vitamin E - See Synthetic Vitamins |
| DMAA | See Dimethylamylamine |
| FD&C | See Artificial Colors |
| Fillers | <u>Other fillers to avoid in supplements:</u> Methylcellulose, carnauba wax, silica, sorbitol, benzoic acid, sodium benzoate, gums, plasdone products, povidone, starch (corn), Sodium Starch Glycolate, Talc, Pregelatinized Starch, Croscarmellose, (anything with propyl or ethyl) Hydroxy Propyl Cellulose, Ethylcellulose, Crospovidone, Shellac, Propylene glycol, sodium lauryl sulfate, laureth sulfate, Potassium Sorbate, acrylamides, yeast extract, glaze |
| Fluoride | You will be surprised to know that many detox products, protein shakes, cosmetics, processed foods, conventional foods and supplements contain toxins and heavy metals. High levels of aluminum even exist in detox products (especially the products that offer magical results in a short period of time). Many herbs imported from China have also high levels of aluminum, lead and arsenic. Even green tea (not real ones) with so many health benefits are known to be contaminated with high levels of fluoride |
| Gelatin Capsules | Gelatin capsules are hard to digest, requiring a certain temperature of liquid in order to dissolve. When taking gelatin capsules, a sticky glue-like effect can be created in the intestines, inhibiting assimilation and causing digestive problems. Ever feel sick at your stomach after taking a nutritional product? Your body is relaying the message back to you that the product is toxic to your system. Gelatin, coming from animal hooves and other animal parts, may contain toxic preservatives, chemicals, hormones, and antibiotics that have been fed to the animals. Soybean oil is also often used as a filler in gelcap-based supplements, and is a common source of GMOs |

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| Glaze (shellac) | See Pharmaceutical Glaze |
| GMO | Genetically Modified Organism - Amino Acids, Aspartame, Ascorbic Acid (also called vitamin C, but it's not real vitamin C and it is driven from GM corn), Sodium Ascorbate, Vitamin C (usually derived from corn), Citric Acid, Sodium Citrate, Ethanol, Flavorings ("natural" and "artificial"), Lactic Acid, Maltodextrins (unless it says non-GMO, all Maltodextrins come from GM sources—corn derivative), Molasses, Monosodium Glutamate, Sucrose (mostly seen in children's supplements), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products. |
| Hexane | Hexane can cause vertigo, dizziness, and drowsiness. It is also a skin irritant. Long-term exposure may cause neuropathy, anorexia, and diminished reflexes. Products containing soy meal, from infant formula to protein bars to fish oil, have been discovered to contain hexane. Certain soy foods may contain up to 21 ppm, including products such as energy bars and veggie burgers. For soy and fish oil products hexane is used as a chemical solvent in order help separate fat and protein |
| Hydrogenated Oils | Hydrogenated oils are also used in many processed foods and baking products. Hydrogenated vegetable oil is made by reacting vegetable oil with hydrogen. When this occurs, the level of polyunsaturated oils (good fat) is reduced and trans fats are created. For example Hydrogenated soy bean oil is used in many vitamin products as filler. Hydrogenated oils can cause cardiovascular problems, nervous system problems and diabetes and can block absorption of essential fatty acids |
| Irganox 1010 | A "moderately hazardous" chemical with potential developmental toxicity, according to the Environmental Protection Agency |
| Irradiated Ergosterol | Vitamin D - See Synthetic Vitamins |
| Irradiation | Cheap sterilizing protocol |
| Lead | High levels of lead and arsenic are routinely found in various food, supplement and herbal products from China. China is the most polluted nation on the planet (by far), yet many fruits, vegetables and herbs are grown in China and exported to North America for use in natural products when lead, arsenic, mercury and cadmium get to high saturation levels (or are present in inorganic forms), it makes the products potentially a source of heavy metals poisoning for consumers. Many protein shakes and cosmetics are filled with heavy metals and toxins and you should know that arsenic is added on purpose to the diet of conventionally grown chickens to make the chickens meat look more appealing |

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| Magnesium Silicate | Can be found in many supplements as a cheap filler and anti-caking agent. Magnesium silicate is similar in composition to asbestos and can cause lung problems when inhaled (bad news for the workers who have to mine it). It is also often contaminated with asbestos in the mining process and is suspected to cause problems when ingested. For example, the Japanese prefer rice that has been treated with talc (it's whiter) and this has been linked to the high rate of stomach cancer in Japan |
| Magnesium Stearate | Magnesium stearate is formed by adding a magnesium ion to stearic acid. The compound has lubricating properties, which is why it's often used in the making of supplements, as it allows the machinery to run faster and smoother, and prevents the pills or capsules from sticking to each other. However, previous research has shown that stearic acid suppresses T cells—your natural killer cells—which are a key component of your immune system ¹ . According to that study, stearic acid causes the collapse of cell membrane integrity—an effect that was found to be time and dose dependent—which, ultimately, can destroy cell function |
| Maltodextrin | Maltodextrin is a sweetener derived from GM corn, meaning it is laced with GMOs. You'll find it in artificial sweeteners and tons of processed foods, sports supplements and protein powders, energy bars, sugar-free condiments, frozen foods, artificially sweetened yogurt and vitamins. It is often used to help agents flow during the processing of supplementation development and helps artificial sweeteners flow better during production. Maltodextrin has been strongly correlated with inflammation, gout, digestive upset, and insulin sensitivity since it can spike your blood sugar rapidly like sugar can |
| Modified (anything) | The typical foods that are modified are usually starch: Corn, Potato, Tapioca, Rice, Wheat. There are numerous ways that food starch can be modified; the method varies based on the starch itself and on what it will be used for. There are various methods of producing a modified starch: Treating it with acid; Roasting it; Treating it with sodium hydroxide; Treating it with potassium hydroxide; Adding a positive electrical charge; Treating it with emulsifiers; Treating it with starch ether; Sometimes a starch may undergo more than one treatment, depending on the desired outcome. Modified does not necessarily mean genetically modified, however, modified starches are likely made from genetically modified ingredients, and are almost always in processed foods |
| Monosodium Glutamate (MSG) | See Natural Flavors (Flavoring) |

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| Natural & 100% Natural | Vitamins can be labeled as natural if they contain as little as 10% of the natural form of the vitamin. This means that your natural vitamin could contain 90% of synthetically produced chemicals. While "100% Natural" is supposed to be safe and free of ingredients with any suspected human health risk, be free from animal testing, and be packaged in environmentally friendly materials, the Natural Products Association (NPA) allows GMO ingredients to receive the "natural" certification. |
| Natural Flavors | Term often used for MSG, a toxic additive used to mask a poor-tasting supplement |
| OSE - if it ends in ose it means some type of sugar | Means some type of sugar |
| Palmitate | Vitamin A - See Synthetic Vitamins |
| Pantothenic Acid | Calcium D-Pantothenate - See Synthetic Vitamins |
| Pharmaceutical Glaze #2 | Shellac (commonly used as wood primer and varnish), is a resin which is secreted by the female Lac insect after it consumes tree bark. The raw shellac may contain insect parts prior to the filtration process. There is debate as to if the ingredient is vegetarian and for this reason it is avoided by some groups. The glaze is used on time-released or delayed action pills due to its insolubility in the stomach. It is also used as a wax (lac-resin) on fresh fruit, to hide odors in pills, and to make pills easier to swallow. |
| Pteroylglutamic Acid | Folic Acid - See Synthetic Vitamins |
| Pyridoxine Hydrochloride | Vitamin B6 - See Synthetic Vitamins |
| Retinyle Palmitate | Vitamin A - See Synthetic Vitamins |
| Riboflavin | Vitamin B2 - See Synthetic Vitamins |
| Silicon Dioxide | Common sand used as an expensive filler that makes the vitamin bottle weigh more with the hope that the uneducated consumer will equate weight with higher quality |
| Slaked Lime | See Calcium hydroxide |

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| Sodium Benzoate | Sodium benzoate and BHT are cancerous preservatives added to soft drinks, processed foods or many supplements in order to keep them fresh and prevent harmful bacteria from growing. Both Sodium benzoate and BHT can damage human DNA and cause gastric and bladder cancer, DNA damage and liver problems. Milk Thistle is known to be a great herb for detoxing the body from harmful ingredients in sodas |
| Sodium Selenate | See Sodium Selenite |
| Sodium Selenite | Long-term exposure to selenium, sodium selenite, sodium selenate, or selenium dioxide may cause paleness, coated tongue, stomach disorders, nervousness, metallic taste and a garlic odor of the breath. Damage to the liver and spleen in animals has also been observed |
| Soybean Oil | A lot of supplement providers that tout their products to be all natural include soybean oil on the ingredient list. It is used to make the supplement more gelatinous and used as a filler, much like gelatin is in supplements. All soy bean oil is GM derived, meaning it contains GMOs. GMOs have been linked to cancer, intestinal damage, diabetes and toxicity in various studies |
| Steric Acid | See Magnesium Stearate |
| Succinate | Vitamin E - See Synthetic Vitamins |
| Synthetic Vitamins | Synthetic versions of vitamins contain chemical compounds that were not meant for human consumption and do not occur in nature. They are made to mimic the way natural vitamins act in our bodies. "Isolated" vitamins can't always be used by the body, and are either stored until you obtain or create the nutrients required to use them effectively or are excreted. Synthetic vitamins are also devoid of necessary trace minerals and must use the body's own mineral reserves which may lead to dangerous mineral deficiencies. Synthetic vitamins to avoid: Vitamin A: Acetate and Palmitate; Vitamin B1 (Thiamine): Thiamine Mononitrate, Thiamine Hydrochlorid; Vitamin B2 (Riboflavin): Riboflavin; Pantothenic Acid: Calcium D-Pantothenate; Vitamin B6 (Pyridoxine): Pyridoxine Hydrochloride; Vitamin B12: Cobalamin; PABA (Para-aminobenzoic Acid): Aminobenzoic Acid; Folic Acid: Pteroylglutamic Acid; Choline: Choline Chloride, Choline Bitartrate; Biotin: d-Biotin; Vitamin C (Ascorbic Acid): Ascorbic Acid, Vitamin D: Irradiated Ergosterol, Calciferol; Vitamin E: dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate |

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| Tablet form | Contain hidden toxins. When the FDA first approved the use of tablets, they were never intended to be used long term. By their very nature, tablets need glues and binders (both of which are toxic) to hold them together. In addition, the nutrients become highly heated when smashed together to form a hard tablet. This greatly reduces the effectiveness of the nutrients. Tablets are hard to digest and assimilate. When tablets are consumed long term, the toxic chemical agents can bio-accumulate and later create new symptoms, toxicity and absorption problems. Stay away from vitamins, minerals, herbs and other supplements that are made out of tablets |
| Talc | Talc is not currently considered food grade by the FDA. Although they were considering setting upper limits for asbestos fibers and adding it to the GRAS list in 1979, couldn't find whether any upper limits have yet been set. Talc is still found in supplements |
| Thiamine Hydrochloride | Vitamin B1 - See Synthetic Vitamins |
| Thiamine Mononitrate | Vitamin B1 - See Synthetic Vitamins |
| Tablets - Time release | Perhaps the most worrisome. For example, the release of 1000 mg. of Vitamin C over a period of 6 hours may require the addition of 400 mg. of hydrogenated oil (plastic butter) to the tablet. The addition of more oil prolongs the release, while the use of less allows quicker disintegration |
| Titanium Dioxide | Used as a natural whitening chemical labeled as a carcinogen |
| Titanium Oxide | Titanium oxide is widely used in vitamins as well as cosmetics as filler. Titanium oxide has been classified in list of carcinogens that can cause cancer, allergies, auto immune disorder and organ toxicity |
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