

Additives

A food additive alters the properties of a basic foodstuff or mixture of foodstuffs for the purpose of achieving one, or a combination of, the following: aiding the production process, preserving, modifying consumer perception. The majority of additives possess *no* nutritive value.

All the countries of the European Union share a common list of additives. They are preceded with an 'E' to show they have been approved for use within the Union and must be displayed on the labels of all foods containing them. Some additives do not have 'E' numbers and therefore do not have to be declared. These include solvents, used to dilute other additives such as colourings and to extract flavours. Flavourings constitute the largest group of non-'E' additives.

The addition of substances to modify food is by no means a new phenomenon. Salt, for example, has been used as a preservative since c 3000BC. However, the sheer number of additives available for use today, the routine and insidious use of animal-derived substances, the known health problems associated with some additives (including eczema, hyperactivity, nausea, allergies, asthma and migraine) — hazards of others that may yet come to light, and the totally unnecessary and morally objectionable requirement to *test new additives on animals*, all provide the animal-free shopper with an incentive to avoid additive-containing products where alternatives are available.

Animal-derived additives

* **E120** cochineal * **E542** edible bone phosphate * **E631** sodium 5'-inosinate * **E901** beeswax * **E904** shellac * **calcium mesoinositol hexaphosphate** * **lactose** * **sperm oil** * **spermaceti**

Possibly animal-derived additives

If you find a product which contains one of the following additives there is no way of ascertaining whether or not it is suitable for vegans. The only course of action is to contact the manufacturer for further details.

* **E101** riboflavin, lactoflavin, vitamin B12 * **E101a** riboflavin 5'-phosphate * **E153** (believed animal-free version only may be used in food) carbon black, vegetable carbon * **E161(b)** lutein * **E161(g)** canthaxanthin * **E236** formic acid * **E237** sodium formate * **E238** calcium formate * **E270** lactic acid * **E322** lecithin * **E325** sodium lactate * **E326** potassium lactate * **E327** calcium lactate * **E422** glycerol (glycerine) * **E430** (*believed to be no longer permitted in food*) polyoxyethylene (8) stearate, polyoxyl (8) stearate * **E431** polyoxyethylene (40) stearate, polyoxyl (40) stearate * **E432** polyoxyethylene sorbitan monolaurate, polysorbate 20, tween 20 * **E433** polyoxyethylene sorbitan mono-oleate, polysorbate 80, tween 80 * **E434** polyoxyethylene sorbitan monopalmitate, polysorbate 40, tween 40 * **E435** polyoxyethylene sorbitan monostearate, polysorbate 60, tween 60 * **E436** polyoxyethylene sorbitan tristearate, polysorbate 65, tween 65 * **E470(a)** sodium, potassium and calcium salts of fatty acids * **E470(b)** magnesium salts of fatty acids * **E471** glycerides of fatty acids, glyceryl monostearate, glyceryl distearate * **E472(a)** acetic acid esters of glycerides of fatty acids, acetoglycerides, glycerol esters * **E472(b)** lactic acid esters of glycerides of fatty acids, lactylated glycerides, lactoglycerides * **E472(c)** citric acid esters of glycerides of fatty acids * **E472(d)** — tartaric acid esters of glycerides of fatty acids * **E472(e)** mono and diacetyltartaric acid esters of glycerides of fatty acids * **E472(f)** mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids * **E473** sucrose esters of fatty acids * **E474** sucroglycerides * **E475** polyglycerol esters of fatty acids * **E476** polyglycerol esters of polycondensed fatty acids of castor oil, polyglycerol polyricinoleate; polyglycerol esters of dimerised fatty acids of soya bean oil * **E477** propylene glycol esters of fatty acids; propane-1,2-diol esters of fatty acids * **E478** lactylated fatty acid esters of glycerol and propane-1,2-diol * **E479(b)** thermally oxidised soya bean oil interacted with mono- and di-glycerides of fatty acids * **E481** sodium stearyl-2-lactylate * **E482** calcium stearyl-2-lactylate * **E483** stearyl tartrate * **E491** sorbitan monostearate * **E492** sorbitan tristearate, span 65 * **E493** sorbitan monolaurate, span 20 * **E494** sorbitan mono-oleate, span 80 * **E495** sorbitan monopalmitate, span 40 * **E570** fatty acids (including myristic, stearic, palmitic and oleic), butyl stearate * **E572** magnesium salts of fatty acids (including magnesium stearate); calcium stearate * **E585** ferrous lactate * **E627** guanosine 5'-disodium phosphate, sodium guanylate, disodium guanylate * **E635** sodium 5'-ribonucleotide * **E640** glycine and its sodium salt * **E920** L-

cysteine hydrochloride * **E1518** glyceryl mono-, di- and tri-acetate (triacetin) * **calcium heptonate** * **calcium phytate** * **diacetin, glyceryl** * **leucine** * **monoacetin** * **oxystearin** * and **any unspecified flavourings**

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