

# What's In The Food You Eat?



hair image source - <https://lindalivinginchina.files.wordpress.com/2013/11/hair.jpg>

**Increasingly more and more we find numerous ingredients added to the long list of names from labels of food we consume on a daily basis. Here is a quick list of some of the most outrageous and bizarre ingredients added or hidden in consumer products!**

## Ingredients You Don't Know About

**L-Cysteine**: Used in cookie dough to make the ice cream, baked goods, found in some baby formula such as Enfamil Nutramigen Lipil Hypoallergenic Infant Formula, dough conditioners in Little Caesars Pizza Kits that are used as fundraisers. **Made from harvested Chinese human hair or duck feathers!**

**Baby foreskin**: Used in beauty products of **removed baby foreskins from South Korea**. Skincare products include DHC EGF Cream, Mizon Bee Venom Calming Fresh Cream, DNARenewal Regeneration Serum, Bioeffect EGF Serum, and Peter Thomas Roth FIRMx Growth Factor Extreme Neuropeptide Serum.

**Carmine**: Used as a red food coloring or dye, sometimes causes food allergies. **Made from cochineal beetles!**

**Isglass**: Used to make beer golden yellow. **Made from dried fish bladders.**

**Potassium Bromate**: Used in baked goods, normally used to enhance flavor. This category "**2B carcinogen**" may be hard to find outside the United States. The **EU, Brazil, Nigeria, Peru, and even China have banned it.**

**MSG**: Used to boost flavor in foods such as instant noodles, fast food, snacks and processed foods. Long term use have been argued by experts to cause **headache, sweating, facial pressure or tightness, numbness, tingling or burning in the face, rapid heartbeats, chest pain, nausea, weakness, weight gain.**

**Lanolin**: Commonly found in chewing gum, **is an oily secretion found in sheep's wool!**

**Calcium triphosphate**: Used to filter sugar for ideal white. Made from bone char of the ashes of burned animals.

**Shellac or E904**: Used in shiny candy with an outer shell, pills, nail polish and wood varnish. **Made from kerria lacca excretion!**

**Ammonium Sulfate**: Used in fertilizer, but **poured in breads by the gallons!**

**Silicone Dioxide**: Used as an anti clumping agent in foods, or aka "**Sand!**"

**Castoreum**: Used to replace expensive vanilla raspberry and strawberry in ice creams, baked goods and added in perfumes. Companies aren't required to use the name on foods, so in many cases label as a "natural flavoring." It is a tan goo secreted from beaver anal glands.

**Petroleum**: Used as industrial byproducts, but also in foods as red #40, blue #1, yellow #5, yellow #6, olestra an indigestible mineral oil like liquid, paraffin wax and TBHQ aka "tert-Butylhydroquinone." **Researchers have linked to ADHD, hyperactivity and allergic reactions.**

**Synthetic rubber and plastic**: Used for **chewing gum!**

<https://qz.com/quartz/1230002/sandra-bullock-and-cate-blanchett-had-a-penis-facial-its-not-that-strange/>

<https://www.eatlikenoon.com/l-cysteine-a-dough-softener-made-from-feathers-and-hair.htm>

<https://list25.com/25-of-the-strangest-ingredients-found-in-your-food/>