

Glutamate Avoidance

Glutamate / GABA Imbalance avoid Excitotoxicity

Glutamate is involved in alertness and learning, but excess glutamate leads to irritability and over-excitement; toxic levels may play a role in seizure activity and cardiac arrhythmia.

Excitotoxins

Glutamic acid, glutamine, and MSG. High levels are found in foods such as peas, tomatoes, parmesan cheese, milk, mushrooms, fish, and many vegetables as well as Aspartame and NutraSweet.

| Other “Names” for Excitotoxins | | | |
|---------------------------------------|------------------------------|---|--|
| Monosodium Glutamate | | Glutamate | Natural Flavor(s) |
| Maltodextrin | Carrageenan | Gelatin | Spice(s) |
| Seasoning(s) | Seasoned Salt | Dough Conditioner(s) Isolate | |
| Autolyzed Yeast | Autolyzed Yeast Extract | Autolyzed Anything | Broth |
| Stock | Soup Base | Chicken/Pork/Beef “Flavoring” | |
| Hydrolyzed Vegetable Protein (HPV) | | Hydrolyzed Plant Protein | |
| Hydrolyzed Oat Flour | | Hydrolyzed Anything | Yeast Extract |
| Sodium Caseinate | Calcium Caseinate | Caseinate | Disodium Guanylate |
| Disodium Inosinate | Disodium Caseinate | Hydrolyzed Protein | Chicken/Pork/Beef “Base” |
| Bouillon | Vegetable Gum | Plant Protein Extract | Smoke Flavoring(s) |
| Malted Barley Flour | Malt Extract | Malt Flavoring(s) | Malted Barley |
| Malted Anything | Textured Protein | Guar Gum | Soy Extract |
| Soy Protein | Soy Protein Concentrate | Soy Sauce | Whey Protein |
| Whey Protein Isolate | Whey Protein Concentrate | | L-Cysteine |
| Ajinomoto | Kombu Extract | Natural Flavoring(s) | Barley Malt |
| Foods with MSG (Monosodium Glutamate) | | | |
| Hydrolyzed Protein | Hydrolyzed Oat Flour | Sodium Caseinate / Calcium Caseinate | |
| Gelatin | Glutamic Acid | Monosodium Glutamate | |
| Autolyzed Yeast or Yeast Extract | | | |
| Possible Sources of MSG | | | |
| Textured Protein | Carrageenan Or Vegetable Gum | Seasonings Or Spices | Flavorings Or Natural Flavorings |
| Chicken, Beef, Pork, Smoke Flavorings | Bouillon, Broth, Or Stock | Barley Malt, Malt Extract, Malt Flavoring | Whey Protein, Whey Protein Isolate, Or Concentrate |

Support can include: Pycnogenol and grape seed extract, Taurine helps but contains sulfur (avoid if CBS+), GABA alone no combined support with Threanine as it is a methyl donor (avoid if COMT+)

| Other Sources of MSG | | | |
|---|--|------------------------------------|--|
| Food From Fast-Food Chains | | OTC Medications | Chicken Pox Vaccine |
| NutraSweet | Binders and Fillers in Supplements | | Prescription Medications |
| Foods with Glutamates | | | |
| Doritos | Pringles | KFC Fried Chicken | Boar’s Head Cold Cuts/Hot Dogs |
| Progresso Soups | Lipton Soups/Sauces | Gravy Master | Planter’s Salted Peanuts |
| Sausages / Processed Meats / Cold Cuts | Processed Cheese Spread | Molasses | Supermarket Turkey And Chicken (Injected) |
| Restaurant Gravy | Ramen Noodles | Bouillon | Instant Soup Mixes / Stocks |
| Salad Dressings / Croutons | Salty, Powdered Dry Food Mixes | Flavored Potato Chips | Restaurants Soups Made From Soup Base |
| Gelatin | Soy Sauce | Worcestershire Sauce | Kombu Extract |
| Dry Milk Or Whey Powder | Dough Conditioners | Body Builder Protein Mixes | Parmesan Cheese |
| Fresh Produce Sprayed With Auxigro In The Field | Some Spices | Skim, 1%, 2%, Non-Fat, Or Dry Milk | Whipped Cream Topping Substitutes |
| Non-Dairy Creamers | Chocolates / Candy Bars | Low-Fat / Diet Foods | Cereals |
| Baked Goods From Bakeries | Frostings And Fillings | Catsup | Mayonnaise |
| Chili Sauce | Mustards | Pickles | Bottled Spaghetti Sauce |
| Citric Acid Made From Processed Corn | Canned And Smoked Tuna, Oysters, Clams | Barbeque Sauce | Canned, Frozen, Or Dry Entrees And Potpies |
| Fresh And Frozen Pizza | Flavored Teas, Sodas | Seasoned Anything | Some Bagged Salads And Vegetables |
| Tomato Sauce / Stewed Tomatoes | Egg Substitute | Flour | Canned Refried Beans |
| Tofu And Other Fermented Soy Products | Table Salts | Anything With Corn Syrup Added | Anything With Milk Solids |
| Anything Fermented | Anything Vitamin Enriched | Anything Protein Fortified | Anything Enzyme Modified |
| Anything Ultra-Pasteurized | Carmel Flavoring/Coloring | Pectin | Cornstarch |
| Flowing Agents | Xanthan Gum / Other “Gums” | L-Cysteine | |

Reactions ranging from such things as simple skin rash, flushing of the face, extreme tiredness, bloating, abdominal cramping, hyperactivity in children, migraine headache, asthma attacks, irregular or pounding heartbeat, loss of consciousness, and severe depression.

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