Page one: FRONT of cards

Seven suspect food additives

The following food additives have been shown, by government research, to increase hyperactivity in susceptible children.* These additives have not been banned and are still used in children's foods, drinks and medicines.

Tartrazine	**E102**
Quinoline yellow	**E104**
Sunset yellow	**E110**
Carmoisine	**E122**
Ponceau 4R	**E124**
Allura red	**E129**
Sodium benzoate	**E211**

The additives may be listed by name or by E number. E211 is a preservative, the others are artificial colourings.

www.actiononadditives.com

*Food Standards Agency, September 2007

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Page two: BACK of cards

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Visit **www.actiononadditives.com** to see a list of products which contain these additives. The website also allows you to add new products and comment on those already listed.

Sodium benzoate (E211) could make the symptoms of asthma and eczema worse in children who already have these conditions. The other food additives ma y all cause allergic reactions.

Visit the website for more information.
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Produced by The Food Commission, an independent, public interest group campaigning for safer, healthier food in the UK. www.foodcomm.org.uk

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