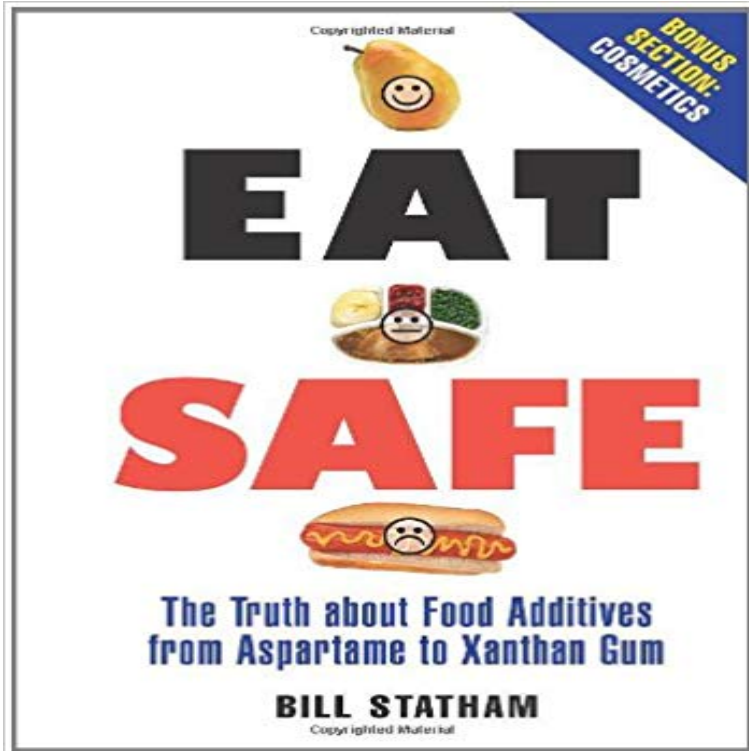


# Eat Safe: The Truth about Additives from Aspartame to Xanthan Gum



Updated and revised, this edition of the international bestseller is an easy-to-read, pocket-size guide to the additives that color, preserve, and flavor everything you and your kids and your pets eat. Its comprehensive: including the common name of the additive (e.g. Aluminum ammonium sulfate); its function (stabilizer, buffer); potential effects (safe at low levels large doses can cause burning of mouth, throat, stomach, and intestinal tract.); where it can be found (in baking powder, milling, and cereal production); and scariest of all where else this chemical additive can be found (purifying drinking water, fireproofing[!], glue). With more consumers turning to organic groceries and food prep, there is nothing else out there that addresses additives specifically and exclusively. With food and toy recalls every other week, this is the perfect volume for those wishing to become smarter and safer shoppers. Includes a glossary, bibliography, online resources, and appendices, as well as sections on cosmetics and genetic modification.

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