

Beware of "Natural Flavors!"

Back in the early 70s, food additives were mostly limited to salt, sugar and a little MSG. These days, foods are loaded with materials that if revealed on the label would scare the average person half to death.

Books such as "Fast Food Nation" by Eric Schlosser, have revealed facts like the following:

The breakdown of 48 chemicals used in a **Burger King-style strawberry "milk shake"**: Amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl acetate, ethyl amyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone (10 percent solution in alcohol), a-ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, g-undecalactone, vanillin, and solvent."

NOTE: the above list appears on the package label simply as: "natural flavors."