

GETTING THE JUNK OUT

Check food labels of food products, supplements, cosmetics and body care products for this additive.

ADDITIVE CATEGORY: PRESERVATIVE			
SORBATES			
<p>Considered one of the safer food preservatives; however, if you are experiencing bowel issues and you don't know what is causing it, check to see if you are consuming this additive in your diet or if you are putting it on your skin via cosmetics, lotions or soaps.</p>			
NAMES	WHAT IT IS USED FOR	POSSIBLE REACTIONS	FACTS
<ul style="list-style-type: none"> • Potassium Sorbate • Calcium Sorbate • Sodium Sorbate • Sorbic Acid 	<ul style="list-style-type: none"> • Used as a preservative to prevent the growth of moulds, yeasts and other bacteria. 	<ul style="list-style-type: none"> • Linked to irritable bowel symptoms, asthma, eczema and behavior issues in children • May cause mild irritation of the skin 	<ul style="list-style-type: none"> • Found naturally in the berries of Mountain Ash trees.
WHERE IT IS FOUND			
<ul style="list-style-type: none"> • Dairy products – cheese, cheesecakes • Baked Goods – pie filling • Liquid supplements (including brands that are considered good quality brands) • Beverages – fruit juices • Condiments – grilling sauce, margarine • Chocolate, syrups, artificially sweetened preserves and jellies • Premade salads • Cosmetics 			

References:

1. Donsky, Andrea and Randy Boyer (2011). *Unjunk Your Junk Food*. New York, NY: Gallery Books.
2. Haas, Elson M. (1992). *Staying Healthy with Nutrition*. Berkeley, California: Celestial Arts Publishing
3. Winters, Ruth (2005), *A Consumer's Dictionary of Cosmetic Ingredients*. New York, NY: Three Rivers Press