



**envision**  
health & wellness

## *Sneaky Ingredients*

SOME LABELED INGREDIENTS  
SOUND HARMLESS BUT ARE IN  
FACT DANGEROUS TO OUR  
HEALTH. DON'T BE FOOLED BY  
THESE INGREDIENTS FOUND  
ON FOOD LABELS.

# SNEAKY INGREDIENTS TO AVOID



## SUGAR

- AGAVE NECTAR
- BROWN RICE SYRUP
- ORGANIC CANE SUGAR
- ETHYL MALTOL
- DEXTROSE
- FRUCTOSE
- FRUIT JUICE CONCENTRATE
- BARLEY MALT (SYRUP)
- CANE JUICE (EVAPORATED CANE JUICE)
- BEET SUGAR
- CAROB SYRUP



## OILS

- CANOLA OIL
- VEGETABLE OIL
- SOYBEAN OIL
- PALM OIL
- COTTONSEED OIL
- GRAPESEED OIL
- CORN OIL
- SUNFLOWER OIL (MODERATION)
- SAFFLOWER OIL (MODERATION)
- SESAME OIL (MODERATION)
- PEANUT OIL (MODERATION)



## ADDED FLAVORS

- NATURAL FLAVORS
- MONOSODIUM GLUTAMATE
- HIGH-FRUCTOSE CORN SYRUP
- ASPARTAME
- SUCRALOSE
- SACCHARIN
- ACESULFAME POTASSIUM
- ARTIFICIAL FLAVOR
- YEAST EXTRACT



## ADDED COLORS

- ALL ADDED COLORS (ESPECIALLY RED 40, YELLOW 5, YELLOW 6 WITH ARE THE MOST COMMONLY FOUND)



## EMULSIFIERS

- CARBOXYMETHYL CELLULOSE (CMC)
- POLYSORBATE 80 (P80)
- CARRAGEENAN
- POLYGLYCEROLS
- XANTHAN GUM
- SOY LECITHIN



## PRESERVATIVES

- SODIUM NITRITE
- SODIUM BENZOATE
- POTASSIUM BROMATE
- BHA
- BHT
- PROPYL GALLATE
- SULPHITES