Food Additives, E-Numbers in sweetes

No	*Name*	*ADI Mg/kg*	*Function & Characteristics*	*Side Effects*	*Source*
E327	**Calcium lactate**	No limit	Lactic acid and lactates are used as preservatives, mainly against yeasts and fungi. It is mainly used to stabilize the structure of fruits, vegetables and potatoes during processing. It also has anti-oxidant activity.	No side effects in adults. should not be given to babies and small children, as they have not yet developed the appropriate enzymes in the liver to metabolise these forms of lactate.	produced by bacterial
E 450	**Potassium and sodium di-phosphates**	Up to 70 mg/kg	Buffers and emulsifiers	None known when used in foods	synthetically from the respective carbonates and phosphoric acid.
E 263	**Calcium acetate**	no limit	preservatives and buffers	No side effects	bacterial fermentation
E 122	**Azorubine**	Up to 4 mg/kg	Red food colour	it may elicit intolerance in people intolerant to salicylates	Synthetic
E 102	**Tartrazine**	Up to 7.5 mg/kg	Color-yellow	cases of ADHD syndrome	Synthetic
E110	**Sunset Yellow**	Up to 2.5 mg/kg	Color -yellow	**----**	Synthetic
E 471	**Mono- and diglycerides**	No limit	Emulsifiers and stabilisers.	**Safe**	Synthetic

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E171	**Titanium dioxide**	None determined	White colour for surface coating, used to separate layers in products; whitening agent in toothpaste	No side effects known.	Natural white mineral.
E551	**Silicium dioxide**	None determined	Used as anti-caking agent, to remove protein and yeast in beer and wine production and as anti-foaming agent.	None known	Produced from sand.
E472	**Esters of mono- and diglycerides**	None determined except for 30 mg/kg bodyweight of tartaric acid for E472d-f.	Emulsifiers and stabilisers.	None known. The products are first digested to the individual acids and the fats. The body metabolises all components identical to the normal acids and natural fat. The individual components of the mono- and diglycerides are also produced normally in the body when digesting normal fat	Esters of synthetic fats, produced from glycerol, natural fatty acids and another organic acid (acetic, lactic, tartaric, citric). The fatty acids are mainly from plant origin, but also fats of animal origin may be used. The product generally is a mixture of different components, with a composition similar to partially digested natural fat esterified with other natural acids.

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E452	**Polyphosphates**	Up to 70 mg/kg bodyweight for all phosphate containing additives	Sequestrants (metal binders), stabiliser and emulsifiers. Also used to retain water during processing and storage.	None known when used in foods. High concentrations of phosphates may disturb several metabolic processes as phosphate plays an important role in general metabolism.	Salts of sodium/potassium/calcium/ammonium with phosphates. All are produced synthetically from the respective carbonates and phosphoric acid.
E340	**Potassium phosphates**	Up to 70 mg/kg bodyweight.	Potassium phosphate is an acidity regulator and chelating agent (used to bind metal ions). It prevents desiccation and is used as an acid stabiliser in powders as well as to prevent formation of clumps. It increases the activity of antioxidants.	Phosphates are normal essential salts for the body. In view of the need to avoid calcium deficiency, their use is limited, as they bind up calcium readily. They have no side effects	Potassium salts of phosphoric acid. Normal constituent of the body. Commercially produced from phosphoric acid, which is produced from phosphate mined in the US

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