

simbol	denumire	ce este ?	grad de risc	cum actioneaza ?	unde il gasim ?	observatii
E100	Curcumina	colorant galben	nepericulos			
E100-2	Turmeric	colorant galben	nepericulos			
E101	riboflavina (vitamina B2)	colorant galben	nepericulos			
E102	Tartrazina	colorant galben	periculos			
E110	Sunset yellow -	colorant galben	cancerigen		dulciuri, prajituri, budinci sucuri	
E123	Amarant	colorant rosu	cancerigen foarte periculos		dulciuri, jeleuri, branza topita	interzis in SUA si Rusia
E124	Ponceau 4R	colorant rosu	toxic		mezeluri	interzis in SUA
E127	Eritrozina	colorant rosu	periculos	induce cancer al tiroidei la animale, posibil si la om	alcool, inghetata, prajituri, bomboane, sucuri racoritoare	
E128	Rosu 2 G	colorant rosu	mutagenic, toxic		carne de hamburgeri	interzis in SUA si Australia
E140	clorofila	colorant natural	nepericulos		prajituri, cosmetice, pasta de dinti	
E211	Acidul benzoic (si derivatii sai)		posibil cancerigen		unele bauturi racoritoare	interzis in SUA, dar permis la noi
E220	Dioxid de sulf	conservant natural	periculos	provoaca alergii	Carne de hamburgeri, cartofi deshidratati, fructe confiate, prajituri, bere, vin, otet de vin	
E228	Bisulfid de potasiu	conservant sintetic	periculos	provoaca alergii	Carne de hamburgeri, cartofi deshidratati, fructe confiate, prajituri, bere, vin, otet de vin	
E230	Bifenil	conservant	toxic			interzis in Australia, dar permis la noi
E231	Ortofenilfenol	conservant sintetic	toxic, posibil cancerigen			interzis in SUA si Australia
E233	Tiabendazol	conservant sintetic	toxic			interzis in Australia
E249	Nitrit de potasiu	conservant natural	posibil cancerigen		alimente conservate prin sarare, branza, mezeluri	
E252	Nitrat de potasiu	conservant natural	posibil cancerigen		alimente conservate prin sarare, branza, mezeluri	

E300	acid ascorbic (vitamina C)	antioxidant natural	nepericulos			
E301	Ascorbat de sodiu	antioxidant natural	nepericulos			
E302	Ascorbat de calciu	antioxidant natural	nepericulos			
E303			nepericulos			
E304			nepericulos			
E305			nepericulos			
E306	tocoferol (vitamina E)	antioxidant natural	nepericulos	ajuta la regenerarea celulelor		
E320	Butilhidroxianisol	antioxidant sintetic	posibil cancerigen		cartofi deshidratati, uleiuri vegetale, supe concentrate, sosuri, guma de mestecat	
E322	lecitina	antioxidant natural	risc moderat		ciocolata	
E330	Acid citric	acidifiant	cancerigen foarte periculos			
E407	caragenanul	emulsifiant natural	risc moderat			
E421	manitolul de cofetarie		risc moderat		prajituri	
E425	Glucomanan	agent de textura	toxic respirator		jeleuri	
E440	acid ascorbic (vitamina C)		risc moderat			
E621	Glutamat monosodic			efecte neurotoxice	condimente, supe concentrate	
E95	Acetsulfam K	indulcitor	posibil cancerigen			interzis in SUA
E954	Zaharina	indulcitor	posibil cancerigen		guma de mestecat, dulciuri, racoritoare	