



WE ARE THE ONLY INTEGRATED  
CLINIC IN AUSTRALIA TO OFFER  
COMPREHENSIVE DIAGNOSTIC  
SCREENS WITH ALL CONSULTATIONS  
AT NO EXTRA COST TO YOU.

## Additives to Avoid

### **Colours**

102, 104, 110, 122,123,124,127,129,132,133,142,143,151,155

Natural colour 160b

### **Additives**

Sorbates 200,201,202,203

Benzoates 210,211,212,213

Sulphites 220,221,222,223,224,225,226,227,228

Nitrates,nitrites 249,250,251,252

Propionates 280,281,282,283, cultured dextrose or cultured anything.  
fermented wheat, fermented wheat flour

Propionates 280,281,282m,283

### **Synthetic Antioxidants**

Gallates 310, 311, 312

TBHQ, BHA, BHT 319, 320, 321

### **Flavour Enhancers**

Glutamates incl MSG 620, 621,622,623,624,625,Yeast extract, Hydrolysed  
Vegetable Protein (HVP), 129

Ribonucleotides 627,631,635

**Artificial Flavours:** No numbers as trade secrets