



TOXIC INGREDIENT LIST

Food and Beverages	Non-Food Items	
Corn Syrup	Sodium Laureth/Lauryl Sulfate (SLS/SLES)	Imidazolidinyl Urea & DMDM Hydantoin (releases formaldehyde)
High fructose corn syrup (90% of products contain)	Ammonium sulfates	Formaldehyde
Partially hydrogenated oils: • Canola, Safflower, Corn, Vegetable, Peanut, Sunflower, Soybean, Cottonseed Oils	Propylene glycol	Triclosan (antibacterial soaps & hand sanitizers)
Margarine	Parabens	Ammonia
Shortening	Fluoride	Aluminum
Aspartame	Mineral Oil	Mercury
Sucralose (Splenda)	Petroleum	Endosulfan
NutraSweet	Dioxane (1,4-dioxane)	PERC (dry cleaning)
Nitrates/Nitrites/sodium nitrate	Toluene (nail polish etc.)	Sulfur Dioxide
Maltodextrin	DEA (diethanolamine)	Copper
Monosodium glutamate (MSG)	MEA (monoethanolamine)	Tetrachlorvinphos (flea collars)
Hydrolyzed Proteins AKA MSG ex.(hydrolyzed vegetable protein)	TEA (triethanolamine)	Propoxur (flea collars)
Carrageenan	Phthalates	Styrene
Autolyzed yeast	Phosphates	Dioxins
Glutamate	PFOA (Perfluorooctanoic Acid)-Teflon pans	Lye
Potassium bromate	Lead	Arsenic
Yellow, red, blue # 1,2,3,4,5...	Chlorine	Asbestos
Artificial flavorings/colors	Bleach	Bisphenol A
Propylene glycol	Isopropyl Alcohol	Atrazine
	Polyethylene Glycol (PEG)	Diesel
*If avoiding ALL sugar also avoid: Fructose, Dextrose, Sucrose, Sugar, Cane Sugar, Honey, Agave, Dates	F D & C Color Pigments	

Dr. TJ Osborne
Discover Chiropractic

1305C N. Bascom Ave
San Jose, CA 95128

(408) 985-1111
info@drtjosborne.com
drtjosborne.com