

## **ARTIFICIAL Flavors:**

## These are typically >>> NOT harmful?

Whether NATURAL - or ARTIFICIAL - food <u>flavors</u> are made up of "molecules" that occur naturally, and they "can" be synthesized. But in general, **Natural** flavors are much more "complex" than **Artificial** ones - which <u>do</u> have far "fewer" component molecules.

<u>CHEMICALS</u> - Certain "chemicals" used - in BOTH Natural and Artificial flavors - or in Artificial flavors alone - "can" be TOXIC - but only at at "higher doses". These specific chemicals are NOT a "higher health concern" - because very LOW concentrations occur in finished food

<u>DIFFERENCE</u> - The main difference between a **Natural** and **Artificial** flavor is - their Original Source. Unlike Natural flavors - Artificial flavors are **man-made** - in a lab - and do not come from an edible source, initially.

However, they are made => using **FDA-approved** flavoring chemical, or food, additives.



Dr. Andrew Weil, MD

**Dr. Weil:** "Artificial flavors may prove to be more stable than Natural ones, and certainly are less expensive, so manufacturers prefer them, and many consumers are satisfied with them.

There is even a [weak] case to be made that Artificial flavors are safer for consumption because they omit components of Natural flavors that may be slightly toxic." >>>>>>>>>> Click HERE.