

# LISTE DES ADDITIFS ALIMENTAIRES À ÉVITER



1

## COLORANTS

Ces colorants sont probablement mutagènes et/ou reprotoxiques :  
E104 - E122 - E123 - E124 - E127 - E129



2

## PHOSPHATES

Augmente les maladies cardio-vasculaires et rénales :  
E338 - E339 - E340 - E341 - E343 - E450 - E451 - E452



3

## CONSERVATEURS

Cancérogènes potentiels :  
E214 à E219 (parabènes) - E251 - E205 - E231 - E239 - E320



4

## ÉMULSIFIANTS

Favorisent l'apparition d'allergies et d'inflammations :  
E432 à E436 - E471 - E472e - E473 - E475 - E481 - E482 - E491 à E496



5

## RÉHAUSSEURS DE GOÛT

Toxiques pour les neurones - Perturbateurs hormonales :  
E621 - E622 - E623 - E624 - E625



6

## ÉDULCORANTS ARTIFICIELS

Fatigue chronique, migraines et favorisent les maladies neurodégénératives comme Alzheimer ou Parkinson :  
E950 à E968

# La Liste Des Additifs Alimentaires Agrave Eacuteviter

**Henry Augier**



## **La Liste Des Additifs Alimentaires Agrave Eacuteviter:**

Additifs alimentaires, danger Corinne Gouget, 2007 Qu'est-ce qu'un additif alimentaire ? C'est la question que se posent de nombreux consommateurs qui, comme vous, voudraient bien savoir ce qui se cache dans la liste des ingrédients sous des noms parfois difficiles à lire et à prononcer ou des codes comme le E951 par exemple. Muni de ce guide facile à utiliser, vous serez enfin capable de savoir ce que sont la plupart des ingrédients cités sur les emballages même si tout n'est pas dit sur les étiquettes et vous aurez le pouvoir de décider d'acheter ou non les produits concernés. Après plus de 12 ans d'expérience dans le domaine de la toxicité des additifs alimentaires dont 2 ans passés à comparer de nombreuses études internationales sur le sujet, Corinne Gouget est heureuse de vous donner la possibilité de savoir ce que vous mangez. **Qu'y a-t-il dans votre assiette ?** Henry Augier, 2020-06-18

## Adopting the Tune of Phrase: An Mental Symphony within **La Liste Des Additifs Alimentaires Agrave Eacuteviter**

In some sort of taken by monitors and the ceaseless chatter of instantaneous communication, the melodic splendor and psychological symphony created by the published term frequently fade in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. Nevertheless, nestled within the pages of **La Liste Des Additifs Alimentaires Agrave Eacuteviter** an enchanting literary value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this captivating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden tunes and profound affect resonating within each carefully constructed phrase. Within the depths with this emotional examination, we will examine the book is key harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://splashdogs.com/files/detail/fetch.php/Grade%2012%20Economics%20Paper2%20June%20Exam.pdf>

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