



Minor ingredients and processing agents

Rainbow Blossom Natural Food Markets uses the following list of ingredients as a guideline for approving new products and for reviewing current ones that may have been reformulated.

Criteria definitions

- **acceptable** — generally considered safe (excluding allergies/sensitivities that individuals may have)
- **not acceptable** — may be harmful to health and/or is a relatively unnecessary additive creating a lower quality food
- **under review** — Rainbow Blossom Quality Standards Team is evaluating the status of this item

Ingredients	Function	Status
acacia gum	emulsifier, stabilizer	acceptable
acesulfame-K (acesulfame-potassium)	artificial sweetener	not acceptable
acetic acid	acidulant, flavoring agent	acceptable
acetylated esters of mono- and diglycerides	emulsifier	not acceptable
Advantame	artificial sweetener	not acceptable
aerosol sprays with chlorofluorocarbon	propellant	not acceptable
algin	thickener, stabilizer	acceptable
alpha tocopherol	antioxidant	acceptable
alpha tocopherol acetate	antioxidant	acceptable
ammonium bicarbonate	leavening agent	acceptable
ammonium chloride	dough conditioner	not acceptable
ammonium lauryl sulfate	surfactant/detergent	not acceptable in body care or food
ammonium phosphate	leavening agent, dough strengthener	acceptable
amodimethicone	conditioner	not acceptable in body care or food
annatto	coloring agent	acceptable
Arabic gum	emulsifier, stabilizer	acceptable

Ingredients	Function	Status
artificial colors (red #3, red # 40, yellow #5, yellow #6, blue #1, blue #2, green #3)	coloring agent	not acceptable
artificial flavors	flavoring agent	not acceptable
ascorbates	antioxidant	acceptable
ascorbic acid	antioxidant	acceptable
ascorbyl palmitate	antioxidant	acceptable
aspartame	artificial sweetener	not acceptable
astaxanthin (artificial) ¹	coloring agent	not acceptable
astaxanthin (natural) ¹	coloring agent	acceptable
azodicarbonamide	dough conditioner	not acceptable
baking powder	leavening agent	acceptable
behentrimonium methosulfate	conditioner	not acceptable in body care or food
benzoates	preservative in liquid supplements	acceptable
benzoates	preservative in foods	not acceptable
benzoyl peroxide	bleaching agent for flour	not acceptable
beta-carotene	antioxidant, coloring agent	acceptable
BHA (butylated hydroxyanisole)	antioxidant	not acceptable
BHT (butylated hydroxytoluene)	antioxidant	not acceptable
bleached flour	artificially aged flour	not acceptable
bromated flour	artificially aged and treated flour	not acceptable
brominated vegetable oil (BVO)	flavor carrier	not acceptable
BST (bovine somatotropin)	genetically modified growth hormone used to increase milk production in cows	not acceptable
butane glycol	humectant, flavor solvent	not acceptable
butylene glycol	humectant, flavor solvent	not acceptable
calcium bromate	dough conditioner, maturing/bleaching agent	not acceptable
calcium carbonate	alkali	acceptable
calcium caseinate	texturizer	acceptable
calcium chloride	firming agent	acceptable
calcium citrate	alkali	acceptable

Ingredients	Function	Status
calcium disodium EDTA	antioxidant, sequestrant, preservative	not acceptable
calcium lactate	stabilizer, texturizer, buffering agent	acceptable
calcium peroxide	dough conditioner, bleaching agent	not acceptable
calcium phosphate	dough conditioner, firming agent	acceptable
calcium propionate	preservative, antimycotic agent	not acceptable
calcium saccharin	artificial sweetener	not acceptable
calcium sorbate	preservative	not acceptable
calcium stearoyl-2-lactylate	dough conditioner, emulsifier	not acceptable
calcium sulfate	firming agent, dough conditioner	acceptable
canthaxanthine	coloring agent	not acceptable
caprocapylobehenin	fat substitute	not acceptable
caramel color	coloring agent	under review
carbomer	emulsifying agent	not acceptable in body care or food
carmine (cochineal)	coloring agent, derived from insect	not acceptable
carnauba wax	anti-caking agent, excipient, glazing and polishing agent	acceptable
carob bean gum	thickener, stabilizer, emulsifier	acceptable
carotene	coloring agent	acceptable
carrageenan	stabilizer, thickener	Not acceptable for new items
casein (milk protein)	texturizer, emulsifier	acceptable
cellulose	stabilizer, thickener	acceptable
ceteareth-20	surfactant/detergent	not acceptable in body care or food
cetrimonium chloride	topical antiseptic	not acceptable in body care or food
chlorine	disinfectant, bleaching agent in household products	acceptable
citric acid	acidulant, antioxidant	acceptable
cochineal (carmine)	coloring agent, derived from insect	not acceptable

Ingredients	Function	Status
coco DEA (Cocomide DEA)	surfactant/detergent	not acceptable in body care or food
cocoamidopropyl betaine	surfactant/detergent	not acceptable in body care or food
corn starch	thickener	acceptable
corn syrup	sweetener, thickener	acceptable
cream of tartar	leavener, acidulant, thickening agent	acceptable
cyclamates	artificial sweetener	not acceptable
cyclopentasiloxane	emollient	not acceptable in body care or food
cysteine (l-cysteine)	additive for bread	not acceptable
DATEM (Diacetyl tartaric and fatty acid esters of mono and diglycerides)	emulsifier	not acceptable
dextrose	sweetener	acceptable
diacetyl	artificial butter flavoring	not acceptable
diazolidinyl urea	preservative	not acceptable in body care or food
dicalcium phosphate	texturizer, dough conditioner	acceptable
diglycerides	emulsifier	acceptable
dimethicone	anti-foaming agent	not acceptable in body care or food
dimethylpolysiloxane	anti-foaming agent	not acceptable in body care or food
dioctyl sodium sulfosuccinate (DSS)	emulsifier, stabilizer	not acceptable
dipotassium phosphate	emulsifier, buffer	acceptable
disodium calcium EDTA	antioxidant, sequestrant	not acceptable
disodium cocoamphodiacetate	surfactant/detergent	not acceptable in body care or food
disodium dihydrogen EDTA	antioxidant, sequestrant	not acceptable
disodium guanylate	flavor enhancer	not acceptable
disodium inosinate	flavor enhancer	not acceptable
disodium phosphate	protein stabilizer, buffer, emulsifier	acceptable

Ingredients	Function	Status
dl-alpha tocopherol (synthetic vitamin E)	antioxidant vitamin, often used in supplements	not acceptable
EDTA	antioxidant, sequestrant	not acceptable
egg albumin	whipping agent, emulsifier	acceptable
Equal	artificial sweetener	not acceptable
erythorbic acid	antioxidant	acceptable
erythritol (sugar alcohol)	sweetener	acceptable
ethoxyquin	pesticide, often used as a preservative in livestock/animal feed	not acceptable
ethyl vanillin	flavoring agent	not acceptable
ethylene oxide	fumigant, disinfecting agent	not acceptable
ethylhexylglycerin	preservative, deodorant	not acceptable in body care or food
ferrous gluconate	colorant for ripe olives	acceptable
fructose	sweetener	acceptable
gelatin	gelling agent, animal based	acceptable
gellan gum	thickener, stabilizer, emulsifier	acceptable
glucono delta-lactone	acidulant, leavening agent	acceptable
glycereth-7 cocoate	humectant	not acceptable in body care or food
glycerin	humectant, flavor and color solvent	acceptable
GMP (disodium guanylate)	flavor enhancer	not acceptable
guar gum	thickener, stabilizer	acceptable
hepta-esters of sucrose	fat substitute	not acceptable
hexa-esters of sucrose	fat substitute	not acceptable
high fructose corn syrup	sweetener	not acceptable
hydrogenated oil	liquid oils chemically treated to become solid fats: used to prolong shelf-life, provide texture	not acceptable
hydrolyzed vegetable protein	flavor enhancer	acceptable
IMP (disodium inosinate)	flavor enhancer	not acceptable
invert sugar	sweetener	acceptable

Ingredients	Function	Status
irradiated foods	sterilized by high energy radiation	not acceptable
isoceteth 20	emulsifier, surfactant	not acceptable in body care or food
isolated soy protein	nutrient, filler, binder	acceptable
isopropyl palmitate	emollient	not acceptable in body care or food
karaya gum	emulsifier, stabilizer	acceptable
lactic acid	acidulant	acceptable
lactose (milk sugar)	humectant, sweetener	acceptable
lactylated esters of mono and diglycerides	emulsifier	not acceptable
lauramide MEA	surfactant/detergent	not acceptable in body care or food
lauryl DEA (lauramide DEA)	surfactant/detergent	not acceptable in body care or food
lecithin	emulsifier	acceptable
levulose (also known as fructose)	sweetener	acceptable
locust bean gum	thickener, stabilizer	acceptable
Luo han guo (Monk fruit)	sweetener	acceptable
magnesium carbonate	alkali, anti-caking agent	acceptable
magnesium chloride	firming agent, color retention agent	acceptable
magnesium stearate	lubricant, binder, anti-caking	acceptable
malic acid	buffering agent, flavoring additive	acceptable
malitol (sugar alcohol)	sweetener	acceptable
malt extract	flavoring agent, texturizer in meat	acceptable
maltodextrin	texturizer, flavor enhancer	acceptable
maltose	sweetener	acceptable
mannitol (sugar alcohol)	sweetener, texturizer	acceptable
methoxycinnamate	sunscreen	not acceptable in body care or food
methyl silicon	antifoaming, antisplattering agent	not acceptable
methylparaben	preservative	not acceptable
microcrystalline cellulose	filler, binder, stabilizer, anti-caking	acceptable

Ingredients	Function	Status
	agent	
microparticulated whey protein	fat substitute	not acceptable
modified food starch	thickener, stabilizer	acceptable
mono and triglycerides	emulsifier	acceptable
monosodium glutamate (MSG) ²	flavor enhancer	not acceptable
natamycin	mold inhibitor	acceptable on cheese rinds and sausage casings
neotame	artificial sweetener	not acceptable
nitrites/nitrites	antioxidant, flavor, color retention agent	not acceptable
NutraSweet	artificial sweetener	not acceptable
olefin sulfonate	surfactant/detergent	not acceptable in body care or food
oleoresin paprika	seasoning, colorant	acceptable
Olestra	fat substitute	not acceptable
oleyl betaine	surfactant/detergent	not acceptable in body care or food
palm fruit oil	emulsifier, fat	acceptable
palm kernel oil	emulsifier, fat	acceptable
papain	tenderizer	acceptable
parabens (methyl, propyl, butyl, etc.)	preservative	not acceptable in body care or food
partially hydrogenated oil (source of trans fats)	liquid oils chemically treated to become solid fats: used to prolong shelf-life, provide texture	not acceptable
pectin	gelling agent, stabilizer, thickener	acceptable
PEG-150 distearate	surfactant/detergent	not acceptable in body care or food
PEG-7 glyceryl cocoate	surfactant/detergent	not acceptable in body care or food
phosphoric acid	acidulant	acceptable
polydextrose	artificial sweetener	not acceptable
polyquaternium 10	disinfectant	not acceptable in body care or food

Ingredients	Function	Status
polysorbate 60, 65, or 80	emulsifier	acceptable
potassium acid tartrate	leavening agent, acidulant	acceptable
potassium benzoate	preservative	not acceptable
potassium benzoate	preservative in liquid supplements	acceptable
potassium bicarbonate	leavening agent, alkali	acceptable
potassium bisulfite (see also potassium metabisulfite & sulfites)	preservative, antioxidant, color retention agent	not acceptable
potassium bromate	dough conditioner, flour maturing agent	not acceptable
potassium chloride	salt substitute	acceptable
potassium gluconate	buffering agent	acceptable
potassium metabisulfite (see also potassium bisulfite & sulfites)	preservative, antioxidant, color retention agent	not acceptable
potassium sorbate	preservative in liquid supplements	acceptable for supplements
propionates	preservative	not acceptable
propyl gallate	antioxidant	not acceptable
propylene glycol	humectant, flavor solvent	not acceptable
propylparaben	preservative	not acceptable
quinine	alkaloid in tonic water (and other acceptable FDA uses)	acceptable
rBGH (recombinant Bovine Growth Hormone)	genetically modified growth hormone used to increase milk production in cows	not acceptable
saccharin	artificial sweetener	not acceptable
silicon dioxide	anti-caking agent	acceptable
Simplesse	fat substitute	not acceptable
smoke flavoring (natural)	flavoring agent	acceptable
sodium acid pyrophosphate	leavening agent, buffer	acceptable
sodium alginate	thickener, stabilizer, emulsifier	acceptable
sodium aluminum phosphate	leavening agent	not acceptable
sodium aluminum sulfate	leavening agent	not acceptable
sodium ascorbate	antioxidant	acceptable
sodium benzoate	preservative in liquid supplements	acceptable

Ingredients	Function	Status
	and non food items	
sodium bicarbonate	leavening agent, buffering agent	acceptable
sodium bisulfite	preservative, antioxidant, color retention agent	not acceptable
sodium caseinate (milk protein)	texturizer, emulsifier	acceptable
sodium citrate	buffering agent, emulsifier	acceptable
sodium cocoyl sarcosinate	conditioner	not acceptable in body care or food
sodium diacetate	preservative	not acceptable
sodium erythorbate	antioxidant	acceptable
sodium glutamate	flavor enhancer (see MSG)	not acceptable
sodium hydroxide	alkali	acceptable
sodium hydroxymethylglycinate	preservative	not acceptable in body care or food
sodium laureth sulfate	surfactant/detergent	not acceptable in body care or food
sodium lauroyl sarcosinate	surfactant/detergent	not acceptable in body care or food
sodium lauryl carboxylate	foaming agent	not acceptable in body care or food
sodium lauryl sulfate	surfactant, detergent	not acceptable in body care or food
sodium lauryl sulfoacetate	surfactant, detergent	not acceptable in body care or food
sodium metabisulfite	preservative, antioxidant, color retention agent	not acceptable
sodium myreth sulfate	surfactant/detergent	not acceptable in body care or food
sodium nitrate/nitrite	antioxidant, flavor, color retention agent	not acceptable
sodium PCA (Na PCA) pyrrolidone carbonic acid	conditioner	not acceptable in body care or food
sodium phosphate	buffering agent, emulsifier, protein stabilizer	acceptable
sodium propionate	preservative, antimycotic agent	not acceptable

Ingredients	Function	Status
sodium pyrophosphate	emulsifier, texturizer, sequesterant	acceptable
sodium stearoyl-2-lactylate	dough conditioner, emulsifier, whipping agent	not acceptable
sodium sulfite	preservative, antioxidant	not acceptable
sodium tripolyphosphate ³	binding agent	not acceptable
solvent extracted oils (as stand alone ingredient)	cooking oils	not acceptable
sorbic acid	preservative, antimycotic agent	not acceptable
sorbitol (sugar alcohol)	sweetener	acceptable
soy protein isolates	protein source	acceptable
soyamidopropalkonium chloride	antistatic agent	not acceptable in body care or food
stearamidopropyl dimethyl amine	conditioner	not acceptable in body care or food
stevia (rebiana)	sweetener	acceptable
sucralose (splenda)	artificial sweetener	not acceptable
sucroglycerides	preservative, emulsifier	not acceptable
sucrose polyester (olestra)	fat substitute	not acceptable
sulfites (sulfur dioxide) (see also potassium bisulfite & potassium metabisulfite)	preservative, antioxidant, color retention agent	acceptable in non-organic wine and hard cider
Sweet-n-Low	artificial sweetener	not acceptable
talc	glidant, additive	not acceptable in body care or food
tartaric acid	acidulant	acceptable
TBHQ (tertiary butyl hydroquinone)	antioxidant	not acceptable
tetrasodium EDTA	antioxidant, preservative	not acceptable
texturized vegetable protein (TVP)	vegan meat substitute, often made from soy	acceptable
titanium dioxide	coloring agent	under review
tocopherols (vitamin E)	antioxidant	acceptable (if not synthetic)
tragacanth gum	emulsifier, stabilizer	acceptable
triclosan	synthetic antibacterial	not acceptable



Ingredients	Function	Status
truvia	sweetener	acceptable
vanillin	flavoring agent	not acceptable
vegetable gums	thickener, stabilizer, emulsifier	acceptable
xanthan gum	thickener, stabilizer, emulsifier	acceptable
xylitol (sugar alcohol)	sweetener	acceptable

1. Astaxanthin in its natural form is the antioxidant that gives wild salmon its color.
2. Both MSG and autolyzed yeast extract are used as flavor enhancers, and both contain the amino acid glutamate. Glutamate is one of 20 amino acids found widely in all foods at varying levels. Glutamate seems to cause reactions in people when it is isolated and in high concentrations.

MSG is 100 percent glutamate that has been isolated and then bound to sodium to make a salt that can be added to foods.

Autolyzed yeast extract contains a mix of free amino acids (including glutamate) but since it's not 100 percent glutamate it does not cause reactions in most people who are sensitive to MSG, other than a few who are extremely sensitive.

3. Sodium tripolyphosphate is used to prevent "thaw drip" and as a binding agent to hold flaky fish products together. It's common in scallops and shrimp. It is a suspected neurotoxin.
4. Sulfites can be naturally occurring as a byproduct of fermentation in wine and wine products, such as vinegar. Added sulfites may be allowed in non-organic wine and hard cider.