



RAIN PRODUCTS ADDITIVES/PRESERVATIVES FACTS AND SAFETY DR JEWKES

To all of you distributors who have questions and concerns with some of your contacts here is a fact sheet about the preservatives in the Rain products.

RUSH

Citric Acid-is a weak organic acid and is a natural preservative and used to add an acidic, or sour taste to foods and soft drinks. Can be found in lemons and limes.

References: European Citric Acid Association, Japanese Pharmacopoeia, British Pharmacopoeia.

Tartaric Acid- is a white crystalline organic acid, occurs naturally in many plants. Grapes and bananas are examples. Used to give foods a sour taste, and also has good antioxidant properties.

References: Food Additive Toxicology, (Joseph A. Maga, Anthony T. Tu), CRC Handbook of Chemistry and Physics, Organic Chemistry, PUB: 2007

Sodium Benzoate- is a sodium salt of benzoic acid. A preservative used in carbonated drinks, vinegar, jams, and fruit juices.

References: FDA, British Pharmacopoeia, Therapeutic goods Administration

Sucralose- Zero calorie artificial sweetener.

It is used as a replacement for aspartame, high-fructose corn syrup, and saccharin.

Safety studies by the FDA, European Union's Scientific Committee on Food, Health and Welfare Canada, Food Standards Australia-

New Zealand, Advocacy Group Center for Science in the Public Interest, and World Health Organization Expert committee on food Additives. All of these renowned regulatory bodies consider sucralose safe. The Canadian Diabetes Association states the amount of sucralose that can be consumed on a daily basis over a lifetime with any adverse effects is 9mg/kg/day. Which translated means the average male weighing 80kg (175 lbs) could consume 720mg/day without major toxicity. References: FDA, American Diabetic Association, Center for the Science in the Public Interest, Canadian Diabetes Association, Penn State University, Japanese Food Chemical Research Foundation.

SOUL

Xylitol- is a sugar alcohol sweetener. It is used as a natural occurring sugar substitute. Found in the fiber of many plants and vegetables. It is used in many applications such as chewing gum, medical uses such as dental care, infections, ear and upper respiratory infections. Many World Health Organizations consider xylitol safe.

References: British Medical Journal, U.S. FDA, Basic Health Publication, Inc.

Gellan Gum: also known as Phytigel or Gelrite. Is used as gelling agent, thickener, emulsifier, and stabilizer. Very safe according to the Food Science Industry.

References: Journal of Plant Physiology, www.

the free library.com

Xanthan Gum- is a polysaccharide used as a food additive. It is produced by fermenting glucose or sucrose. Xanthan Gum properties have the ability to produce a large increase in viscosity of liquids, in other words a thickening agent. It helps to prevent oil separation by stabilizing emulsion. Considered safe by the Food Science Industry.

References: Becker and Vorholter, Michael Pollick

Stevia- also known as Rebaudioside A. A steviol glycosides, which is a sweetener that comes from the leaves of the stevia plant. Stevia is 40-300 times sweeter than sucrose. Stevia will not induce glycemic response (elevate blood sugar) when ingested, thus is well tolerated by diabetics.

References: World Health Organization, FDA

Potassium Sorbate- is the potassium salt of sorbic acid. Primary use as a food preservative. It is used to inhibit molds and yeasts in many foods, thus increasing shelf life. Considered very safe

References: Merck Index, Nordic food Additive Database

STORM

Sodium Bicarbonate- is a white solid that crystalline but often appears as a fine powder (baking soda). It is used as a PH balancer, changing acidity to alkaline.

References: International Chemical Safety, Arm and Hammer Baking Soda, Consumer Medicine Info.

Silicon Dioxide- known as silica. Most commonly found in nature as sand or quartz. Commonly used in production of foods as an additive, where it is used as a flow agent in powdered foods, to help absorb moisture.

References: International Chemical Safety, The chemistry of Silica.

Rebaudioside A- (Stevia) which is referenced under Soul.

PURE

Cellulose- a polysaccharide that is structured component of green plants, like algae. One of its primary uses is a binding agent.

References: Encyclopedia Britannica, Institutes for Food and Development, Journal American Chemical Society

Pectin- It is produced as a white to light brown powder, mainly extracted from citrus fruits. A source of dietary fiber which increases viscosity and volume of stool, for constipation and diarrhea.

References: International Pectin Producers Association, Codex General Standard for Food Additives Database.

Sodium Carbonate- sodium salt of carbonic acid. Used as a PH stabilizer, maintain alkaline conditions.

References: European Chemicals Bureau, International Chemical Safety Card

Starch: carbohydrate consisting of large numbers of glucose units. Used as a food additive and a binder to aid in the formation of tablets.

References: European Association of Starch Manufactures, Scientific Journal on Starch

Compritol- Coating agent for prolonged release of a caplet, tablet.

References: Pubmed.com

Guar gum- Extracted from the guar bean, used as a binder. A water soluble fiber that acts as a bulk forming laxative and helps to remove toxins and waste from the intestines.

References: FDA.GOV.Food Additive List, Foodproductdesign.gov

Silica Dioxide- reference this additive under Storm

Hopefully now with this brief information about these ingredients this will help to educate you and your contacts as to the safety and reasons for these preservatives and additives.

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