

MSG is Being Used as One of the Ingredients in Vaccines

By Rishma Parpia | [Vaccine Reaction](#)



MSG, a taste-enhancing food additive, is also an ingredient in five vaccines recommended by the CDC. MSG is used as a stabilizer in vaccines. Studies have shown that MSG can injure brain neurons.

When you think of monosodium glutamate (MSG), what is the first thing that comes to mind? More than likely it is Chinese cuisine, however, this same ingredient is also found in several other food products we use everyday. Almost all processed foods on the grocery store shelves ranging from soups to crackers to meats contain MSG to enhance their flavor.

MSG is also an ingredient in vaccines.

To be able to make fully informed decisions regarding vaccination for you or your child, it is essential to evaluate what is and is not known about vaccine ingredients and their short and long term effects on the human body.

What is Monosodium Glutamate (MSG)?

Monosodium glutamate, also known as monosodium salt, monohydrate and L- monosodium glutamate, is the sodium salt of a common amino acid known as glutamic acid (glutamate). Glutamic acid is naturally present in our bodies and occurs naturally many foods such as tomatoes and cheeses.

Glutamate is one of several amino acids linked into the chains of protein in the body. In the body, some amino acids are free to float around by themselves while others are linked into proteins to perform vital functions.

For instance, some amino acids serve as neurotransmitters carrying nerve cell impulses throughout the body; they act as chemical messengers relaying news from one nerve cell to another.

Glutamate is one such neurotransmitter that carries messages throughout the brain triggering nerve cells to fire. Other neurotransmitters such as gamma amino butyric acid then communicate with the firing nerve cells signaling them to cease firing when necessary, thus creating an important balance. In the presence of excess glutamate, this balance tips due to overstimulation of nerve cells and causes them to die.

The Role of MSG in Vaccines

The U.S. Centers for Disease Control and Prevention (CDC) Vaccine Excipient and Media Summary lists five vaccines that contain monosodium glutamate:

Adenovirus Influenza (FluMist) Quadrivalent MMRV

(ProQuad)Varicella (Varivax)Zoster (Shingles–Zostavax)

So what has MSG got to do with vaccines?

MSG is used as a stabilizer in vaccines. Stabilizers are added to vaccines to help the vaccine remain unchanged when it is exposed to heat, light, acidity or humidity.

MSG: An Excitotoxin Like Aspartame

Russell Blaylock, MD, a board-certified neurosurgeon and author of *Excitotoxins: The Taste That Kills* has extensively studied the effects of MSG on the brain.

He identifies MSG an excitotoxin. Excitotoxins are food and taste-enhancing chemicals found in many food products.

Aside from MSG, other excitotoxins include hydrolyzed vegetable protein, aspartame (a food sweetener sold on the market as NutraSweet) and cysteine.

Excitotoxins overstimulate certain neurons in the brain causing them to continue firing until they tire themselves and die.

This overexcitement of neurons can cause brain damage of varying degrees and can potentially trigger degenerative diseases such as Amyotrophic Lateral Sclerosis (ALS, Lou Gehrig's disease), Parkinson's disease and Alzheimer's, all of which develop gradually.

Several studies have shown the link between MSG consumption and severe headaches as a side effect. A 2009 study published in the *International Journal of Clinical and Experimental Medicine* used dissociated mouse neuronal culture and cell injury assays to determine whether relevant concentrations of MSG induce cell swelling or death.

The study explains the mechanism behind MSG induced headaches that affect many people who have low tolerance to MSG. The

authors state:

Using neuronal culture technique and cell injury assay, we studied the effect of MSG on mouse cortical neurons, a commonly used in vitro preparation for cell injury studies. We demonstrated that incubation with MSG, at clinical relevant concentrations, induced swelling and injury of mature neurons. This finding may partially explain the headache induced by MSG intake.

[Read more here]

Originally entitled: "Monosodium Glutamate Used as a Stabilizer in Vaccines"