3 Oct 2000

To Whom It May Concern:

I have been bothered for years by reactions to MSG — & not just in Chinese food. Having recently been diagnosed with atrial fibrillation, I asked my cardiologist if MSG could contribute to my symtoms, & he responded, "definately." I do not enjoy hour after hour of heart palpitations & read every label, on every prepared food item, carefully. When eating out, I must always ask & then still be extremely

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Careful. The fact that MSG is not always labeled as monosodium glutamate, but can be 'autolyzed yeast', 'textured protein', yeast extract ETC. is very deceptive.

Please change the rules & crack down on companies that do not label MSG as MSG or 'free glutamic acid'. I'm too young to have these problems & the need for a pacemaker! How many suffer from illnesses & don't even know that there could be an underlying,

aggravating cause? Yes, MSG does enhance the flavor of food, but aren't there enough spices on earth to make things taste good without using this 'natural' from seaweed product? I no longer eat anything labeled 'natural flavor' or 'artificial flavor'.

Please establish labeling requirements & force companies to comply.

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