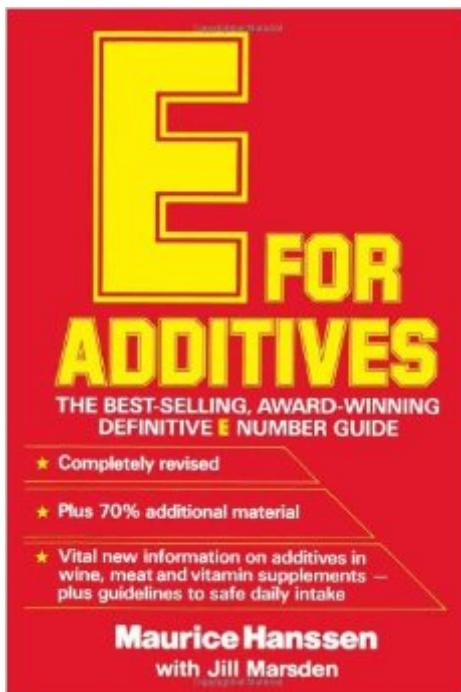


The book was found

E For Additives (Completely Revised Bestselling Number Guide)



Synopsis

Cracks the 'E' number code and enables you to understand the lists of additives that appear on the packs of the food you buy, so that you can see exactly what has been added, where it comes from, why it has been added, what it does to the food and - if anything - what it might do to you.

Book Information

Series: Completely Revised Bestselling Number Guide

Paperback: 386 pages

Publisher: Thorsons; Revised edition (September 24, 1987)

Language: English

ISBN-10: 0722515626

ISBN-13: 978-0722515624

Product Dimensions: 5 x 1 x 8 inches

Shipping Weight: 10.6 ounces

Average Customer Review: 5.0 out of 5 starsÂ [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #2,348,095 in Books (See Top 100 in Books) #66 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #1131 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #2288 inÂ Books > Politics & Social Sciences > Philosophy > Logic & Language

Customer Reviews

this book has helped since it was first brought out and stopped my children getting the hyperactivity from the E numbers and helped with the hidden names they started putting in to fool the parents.

Everybody should have this book so they can check on exactly what those unethical food corporations try to foist on us!

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