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Debunking Medical Myths: MSG Safety

Meyer Gershater

Wayne State University School of Medicine, gi7180@wayne.edu

Gabriella Shab

Wayne State University School of Medicine, hi3600@wayne.edu

Amanda Rodriguez

Wayne State University School of Medicine, hj0414@wayne.edu

Ahmad Chouman

Wayne State University School of Medicine, hh5211@wayne.edu

Anthony Mrocko

Wayne State University School of Medicine, hj5752@wayne.edu

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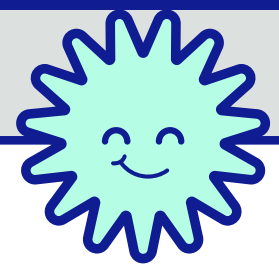
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MSG SAFETY



Monosodium sodium may not be a bad fortune after all. Recent research has challenged the negative outlook on MSG, especially associated with Chinese food, and debunked the medical myth that MSG is unsafe.

AUTHORS

Ahmad Chouman, Meyer Gershater, Anthony Mrocko, Amanda Rodriguez, Gabriella Shab

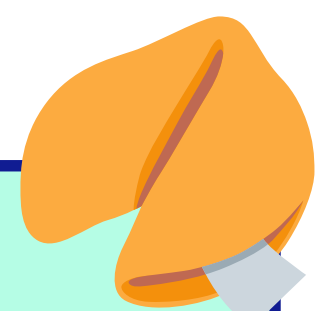
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Wayne State University School of Medicine

How did this all start?

Starting in 1968, symptoms like headaches, flushing, and dizziness were grouped under the term Chinese Restaurant Syndrome and associated with MSG ingestion. However, there have been multiple studies done that have failed to find significant correlations between MSG and adverse reactions.(1)

The United States Food and Drug Administration and the Federation of American Societies for Experimental Biology classified MSG as a Generally Recognized as Safe (GRAS) substance(2)



What the studies really show

The ingestion of MSG in the diet does not produce appreciable increases in glutamate concentrations in blood, except when given experimentally in amounts vastly in excess of normal intake levels. The blood-brain barrier effectively restricts the passage of glutamate from the blood into the brain, such that brain glutamate levels only rise when blood glutamate concentrations are raised experimentally via non-physiologic means.(3)

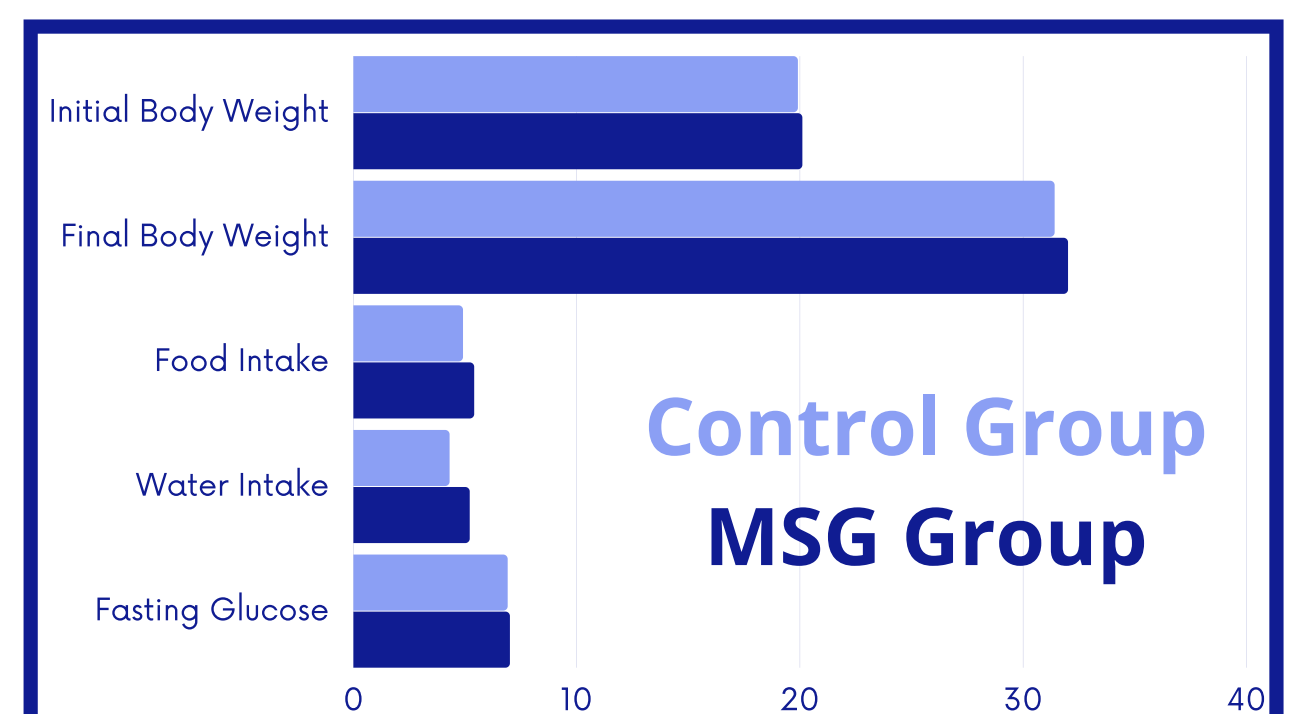


Purpose of this infographic

MSG has been commonly thought to be an unsafe substance and has been even described as Chinese restaurant syndrome. Despite classification as a safe substance by the FDA, there is still much controversy about its safety. However, this is just a medical myth!

Why trust us?

We performed a defined literature search using the terms "sodium glutamate AND safety" with the filters: Meta-Analysis, Randomized Controlled Trial, Review, Systematic Review, in the last 10 years in order to generate a list of potential peer-reviewed original articles and reviews to utilize in our study. Abstracts were selected based on their strength with regard to a concise introduction, thorough materials and methods, clear results, and a straightforward conclusion. Using this approach we selected 5 references for our study.



A study looked at two groups of mice- one control group with a standard diet and one group with added MSG-over a 26 week period. There were no significant differences found between these two groups (2).

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THE BIG TAKEAWAY

Countless studies have concluded that there are no definitive correlations between dietary MSG intake levels and "Chinese Restaurant Syndrome" symptoms.

Common Foods with MSG

