

Foods to “Dye” For:

RED 40

Red Dye 40 is commonly found in many food products, specifically those targeting children, packaged foods, and even medications! It has been linked to a host of physical and mental health issues, including **ADD/ADHD**, allergies, immune disorders, psychosis, and even inflammatory bowel diseases. **Surprise!** Check your chips, colorful candies, ketchup, sports drinks, salad dressings, cereals, and frozen treats!



BLUE 1

Blue 1 is the only dye crossing the blood-brain barrier. It may cause nerve cells to malfunction, and contribute to cancer, chromosomal damage, allergic reactions, and **behavior changes**.

Surprise! Check your new jeans, snow cones/Slurpee's, frosted desserts, dental products, spinach wraps, juices, and even things that are not blue!



YELLOW 5 & 6

Yellow 5 is considered to be a dye that robs the body of zinc, which might contribute **ADHD** and other **behavior issues**.

Yellow 6 causes testicular and adrenal tumors. It can also exacerbate allergies and asthma, and contribute to ADHD and behavior issues.

Surprise! Check your Jell-O, chicken broth, pasta, seasonal candy, Kool-Aid, pickles, prescription medications, vitamins, antacids, cheese, and crackers!



CARAMEL COLORING

Caramel Coloring is produced as a mixture of corn syrup and ammonia and contains cancer-causing contaminants like glyphosate (RoundUp).

There is a strong link to behavior issues and **hypersensitivities**.

Surprise! Check your chocolate bars, colas, Worcestershire sauce, gravy, beer, bread, syrup, cereals, and pre-cooked meats.

