



Monosodium glutamate (MSG)

MSG is generally non-allergic but may provoke pseudoallergic reactions (e.g., 'Chinese Restaurant Syndrome') in sensitive individuals, with symptoms like flushing or headaches. Not a true IgE-mediated allergen.

Symptoms

Headache

Mild to severe headaches that may occur after sulphite exposure.

Flushing

Redness or warmth in the face and neck, often accompanied by a tingling sensation.

Nausea

Feeling of sickness in the stomach, often leading to vomiting.

Sweating

Excessive perspiration, often without physical exertion.

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Numbness or Tingling

A sensation of pins and needles, often in the face, neck, or extremities.

Fatigue

Some individuals may experience general tiredness or weakness.

Muscle Tightness

Stiffness or tension in the muscles, particularly in the neck and shoulders.

Healing & Prevention

Avoid MSG-Containing Foods

Read food labels carefully and avoid processed foods, snacks, and restaurant meals that contain MSG.

Stay hydrated

Drink plenty of water to help flush out allergens and support overall health.

Rest and Relaxation

Getting adequate rest can help the body recover from MSG-related symptoms.

Over-the-Counter Pain Relief

Use medications like ibuprofen or acetaminophen to relieve headaches or muscle pain.

Consume Magnesium-Rich Foods

Foods like leafy greens, nuts, and seeds may help counteract MSG effects by supporting nerve function.

Antihistamines

Over-the-counter antihistamines can help relieve mild allergic symptoms like itching or hives.

Consult a healthcare provider

If symptoms persist or worsen, seek medical advice for personalized treatment and dietary recommendations.

Nutrients

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