



MSG

MSG (monosodium glutamate) is typically corn/beet-derived and may pose a risk for individuals with severe corn allergy due to residual proteins. While MSG itself is not a primary allergen, cross-contamination during processing cannot be ruled out.

Nutrients

Recipe preparation steps



Headache, Flushing, Nausea, Sweating, Numbness or Tingling, Chest Pain, Fatigue, Muscle Tightness



Avoidance of MSG, Hydration, Rest and Relaxation, Over-the-Counter Pain Relievers, Antihistamines, Dietary adjustments, Consulting a Healthcare Provider

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