

The Not-So-Sweet *Truth* Behind Food Dyes

Artificial food dyes, though visually appealing, have raised concerns due to their potential adverse effects on health. Studies suggest a link between certain food dyes and allergic reactions, hyperactivity in children, and, in some cases, associations with more serious conditions, emphasizing the need for cautious consumption and increased awareness of their potential risks.

RED #40

Can contribute to:

- Aggression
- Hyperactivity
- Trouble concentrating
- Migraines
- Allergic reactions (often skin related)



RED #3

Since scientists have linked Red #3 to cause cancer, it has been banned in cosmetics, yet it still remains legal in our food supply.

YELLOW #5

Linked to:

- Hyperactivity
- Behavioral changes
- White blood cell damage
- Gastrointestinal reactions



YELLOW #6

Linked to:

- Adverse neurological outcomes in children (hypersensitivity, hyperactivity, etc)
- Kidney tumors

GREEN #3

Can contribute to:

- Hyperactivity
- Inattention



BLUE #1

Has been found to

- Affect neurodevelopment and hyperactive behavior in animals
- Promote inflammation
- Inhibit nerve cell development in vitro
- Cause skin irritations and bronchial constriction
- Cross blood-brain barrier

BLUE #2

Potentially linked to:

- Brain and bladder tumors in animals
- Allergies (primarily skin rashes/hives).



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