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# E For Additives (Completely Revised Bestselling Number Guide)



## Synopsis

Cracks the 'E' number code and enables you to understand the lists of additives that appear on the packs of the food you buy, so that you can see exactly what has been added, where it comes from, why it has been added, what it does to the food and - if anything - what it might do to you.

## Book Information

Series: Completely Revised Bestselling Number Guide

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## Customer Reviews

this book has helped since it was first brought out and stopped my children getting the hyperactivity from the E numbers and helped with the hidden names they started putting in to fool the parents.

Everybody should have this book so they can check on exactly what those unethical food corporations try to foist on us!

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