

# Some Potential MCAS Triggers

## Sulphur Dioxide

Ham / Jam / Diesel Exhaust / **Eating Grapes**

## Sulphites

Not Hidden Cider / Wine / Sausages & Burgers – (Sulphites allowed in meat in EU not in USA)

Hidden Glucose Syrup / Fructose Syrup / High Fructose Corn Syrup / Cornflour / Maltodextrin  
Dextrose / Baking Powder / Gelatine / **Maize Starch\*** / Citric Acid (synthetic) / Xanthan Gum

Under EC regulations <10mg/kg or <10ml/L **do not** have to be labelled.

**\*Used as an excipient (filler/binder) in many tablets.**

Colorants in food & drink e.g. E150b (caustic sulphite caramel), E150d (sulphite ammonia caramel)

## Sulphates

Soaps / Shampoos / Medication

## Flavour Enhancers

MSG / Yeast Extract / Natural Flavouring

MSG originally 1908 synthetic salt of free glutamic acid. Yeast Extract is a modern lower sodium version of MSG made by treating yeast in brine but is still a concentrated free glutamic acid. Natural flavouring is the name under which MSG equivalents are now hidden in ham, breakfast cereals and ready meals.

## Isocyanates

Isocyanates (HDI, MDI, TDI) are used in the manufacture of polyurethane plastics, foams, rubbers & related synthetic fabrics. Studies have shown that persons sensitised to Isocyanates can react to airborne 1ppb. Polyurethanes are supposedly inert but Isocyanate residues are likely to exist in new or heated polyurethane materials for example car interior plastics, car cushions, car carpets, rubber backed household carpets, carpet underlay, pillows, mattresses, sofas and artificial fabrics such as Elastane, Spandex, Lycra. Isocyanates also used as building insulation, expanding foam and window mounting foam.

## Fuels & Exhausts

Diesel & Diesel Exhaust, Petrol & 2-Stroke Petrol Exhaust, Kerosene and Kerosene Exhaust. Kerosene is jet fuel / home heating oil. A particularly insidious use of Kerosene is in the manufacture of "Fire Logs". Australian JFES has shown kerosene is more toxic than previously known, therefore burning kerosene indoors in fire grates is unwise. Most wax candles too are petrochemical (paraffin) based.

## Oils, Lubricants & Sealants

WD40, 3in1, benzene-based mastic etc.

## Artificial Scents

Many fragrances appear to be triggers such as scented candles (paraffin too), laundry detergent, perfumes, aftershaves, body spray, deodorants, air fresheners, potpourri, reed diffusers. **There is a need for Fragrance Free Workplace Legislation to protect MCAS and allergy sufferers.**