



Simply Southern

Ingredients are selected for simplicity - "free from" 150+ artificial colors, flavors, preservatives and additives.

"Free From" ingredient listing for Simply Southern products

as of July/2016

3129 N. Industrial Dr. | Simpsonville, SC 29681

www.muffinmam.com | <http://www.linkedin.com/company/muffin-mam> | <http://www.facebook.com/muffinmam>

Acesulfame-K (acesulfame potassium)	Carmine	Irradiated foods	Potassium bisulfate	Solvent extracted oils, as stand alone single-ingredient oils (except grapeseed oil)
Acetylated ester of mono- and diglycerides	Certified colors	Isomalt	Potassium bromate	Sorbic acid
Aluminum ammonium sulfate	Cochineal	Lacticol	Potassium hydroxide	Sorbitol
Aluminum baking powder	Cyclamates	Lactylated esters of mono- and diglycerides	Potassium metabisulfite	Sucralose
Aluminum potassium sulfate	Cystine (l-cysteine), as an additive for bread products	L-Cysteine	Potassium nitrate or nitrite	Sucroglycerides
Ammonium chloride	DATEM (Diacetyl tartaric and fatty acid esters of mono and diglycerides)	Lead soldered cans	Potassium sorbate (acceptable in supplements only)	Sucrose polyester
Antibiotics	Diglycerides- okay in supplements	Maltitol	Propionates (propionic acid, calcium and sodium)	Sugar alcohol exception: Erythritol is allowed in Nature's Place
Artificial colors	Dimethylpolysiloxane	Maltodextrin	Propyl gallate	Sulfites (Sulfur dioxide)
Artificial flavors	Diocetyl sodium sulfosuccinate (DSS)	Mannitol	Propylene glycol	Synthetic antioxidants
Aspartame	Disodium calcium EDTA	Margarine	Propylene glycol alginate	TBHQ, BHA, BHT, Propyl gallate
Astaxanthin	Disodium dihydrogen EDTA	Methylene chloride	Propylene oxide	Synthetic growth hormone (rBST , BGH ,BST ,rBGH)
Azodicarbonamide	Disodium guanylate (GMP)	Methylparaben	Propylparaben	Tartrazine
Autolyzed yeast extract	Disodium inosinate (IMP)	Methyl silicon	Saccharin	TBHQ (tertiary butylhydroquinone)
Bentonite (acceptable in supplements)	Disodium succinate	Microparticulated whey protein	Simplese (brand name)	Tetrasodium EDTA
Benzoates in food	Dimethylamylamine (DMAA)	Modified food starch	Sodium aluminum phosphate	Titanium dioxide
Benzoyl alcohol	EDTA-ethylenedia mine-tetra acetic acid-chelating preservative	Monoglycerides	Sodium aluminum sulfate	Trans Fatty Acids
Benzoyl peroxide	Erythorbic acid	Monosodium glutamate (MSG)	Sodium benzoate	Vanillin
BHA (butylated hydroxyanisole)	Ester gums	Natamycin	Sodium bisulfate	Xylitol
BHT (butylated hydroxytoluene)	Esters of Fatty Acids	Neotame	Sodium diacetate	
Bisulfites	Ethanol, ethyl alcohol	Nitrates/nitrites	Sodium erythorbate	
Bleached flour	Ethyl vanillin	Non-nutritive sweeteners	Sodium ferrocyanide	
Bromated flour	Ethylene oxide	Acesulfame-K	Sodium glutamate	
Brominated vegetable oil (BVO)	Ethyloxyquin	Exception: Stevia is being allowed in Nature's Place	Sodium lauryl sulfate	
Calcium bromate	FD&C colors (food dye & color)	Oxystearin	Sodium metabisulfite	
Calcium disodium EDTA	Blue #1, #2; Red #3, #40; Yellow #5, #6; Green #3; Orange B;	Parabens	Sodium nitrate/nitrite	
Calcium peroxide	Citrus Red #2; FD&C aluminum lakes	Partially hydrogenated oil	Sodium phosphate	
Calcium propionate	Fois gras	Partially hydrogenated Soybean oil	Sodium propionate	
Calcium stearoyl-2-lactylate	Glycerol ester of wood resin	Polydextrose	Sodium silicoaluminate	
Calcium sorbate	Hexa-, hepta- and octa-esters of sucrose	Polysorbate	Sodium sterol lactylate	
Caprenin (caprocapylobehenin)	High Fructose Corn Syrup	Polysorbate 60	Sodium steroyl-2-lactylate	
Caprocapylobehenin	Hydrogenated/partially hydrogenated fats & oils	Polysorbate 65	Sodium sulfite	
Caramel Color	Hydroxypropyl guar gum	Polysorbate 80	Sodium thiosulfate	
Carboxymethyl Cellulose	Interesterified fats	Potassium benzoate	Sodium triphosphate (STP)	