

# 10 Terrible Truths About

One of the Most Commonly Used Food Dyes in the US

## RED DYE #40

1. Red Dye #40 is one of the most commonly used food dyes used in the U.S.

2. An estimated 6 million pounds of Red Dye #40 are dumped into foods each year.

3. Red Dye #40 is a synthetic, petroleum-based substance.

4. Red Dye #40 can be found in candy, condiments, snack foods, breakfast cereals, baked goods, sodas, juice drinks, gelatins, dairy products, and salad dressings.

5. Red Dye #40 is used in personal care products, cosmetics, and even in prescription medications.

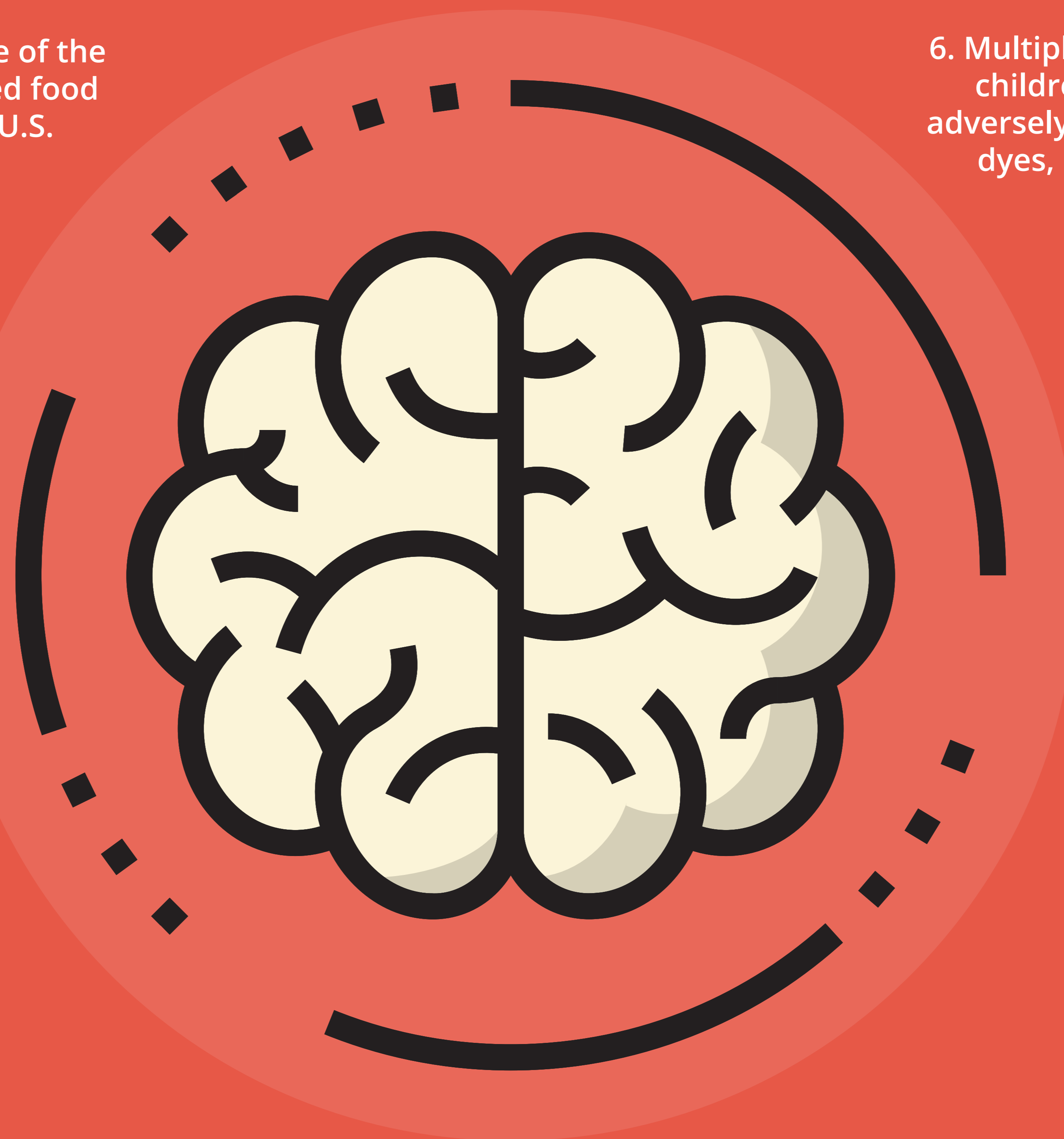
6. Multiple studies show that some children with ADD/ADHD are adversely affected by artificial food dyes, including Red Dye #40.

7. Scientific research reports that artificial coloring, such as Red Dye #40, can make some non-ADD/ADHD kids hyperactive.

8. Many parents blame increased hyperactivity on a "sugar rush" after children consume a snack, but it's often linked to Red Dye #40.

9. Symptoms reported after ingesting Red Dye #40 include upset stomach, migraines, jitteriness, nervousness, an inability to concentrate, and aggressive behavior.

10. Brain imaging studies at Amen Clinics show that Red Dye #40 can dramatically alter brain function and increase activity throughout the brain.



At Amen Clinics, we perform comprehensive evaluations that include brain SPECT imaging and lab testing to find the root causes of symptoms. Our integrative psychiatrists and functional medicine physicians are highly trained and experienced in nutritional psychiatry and can determine if specific foods are contributing to bothersome issues related to ADD/ADHD or to other mental health conditions.

To learn more, visit our website at the URL below, or call us at 877-866-1081 to talk to a specialist today.

[www.AmenClinics.com](http://www.AmenClinics.com)

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