

## Animal Ingredients and derivatives

The following are the ingredients commonly listed on products that are not suitable for devotional cooking.

**Albumen/Albumin:** egg white

**Anchovy:** small fish of the herring family

**Bristle:** stiff animal hair, usually from pigs

**Cholecalciferol (D3):** vitamin derived from lanolin or fish oil

**Cochineal (E120):** dye consisting of dried bodies of scale insects

**Gelatin(e):** jelly obtained by boiling animal skin, tendons, ligaments, bones

**Glycerin(e)/glycerol (E422):** clear colourless liquid which may be derived from animal fat

**Isinglass:** very pure form of gelatin obtained from the air bladders of freshwater fish

**Lanolin(e):** fat extracted from sheep's wool

**Lecithin (E322):** fatty substance found in nerve tissues, egg yolk, blood and other tissues

**Rennet:** extract of calf stomach

**Shellac:** (E904): insect secretion

**Tallow:** hard animal fat

## Additives

There are some additives that are animal derived and there are many additives which are *possibly* animal derived. Here is a list of some of them:

### Animal Derived

<b>E120</b>	cochineal
<b>E542</b>	edible bone phosphate
<b>E631</b>	sodium 5' - inosinate
<b>E901</b>	beeswax
<b>E904</b>	shellac calcium mesoinositol hexaphosphate lactose sperm oil spermaceti

## Possibly animal derived

<b>E101</b>	riboflavin, lactoflavin, vitamin B12
<b>E101a</b>	riboflavin 5'-phosphate
<b>E153</b>	carbon black, vegetable carbon (believed animal-free version must be used in food)
<b>E270</b>	lactic acid
<b>E322</b>	lecithin
<b>E325</b>	sodium lactate
<b>E326</b>	potassium lactate
<b>E327</b>	calcium lactate
<b>E422</b>	glycerol (glycerine)
<b>E430</b>	polyoxyethylene (8) stearate, polyoxyl (8) stearate (believed to be no longer permitted in food)
<b>E431</b>	polyoxyethylene (40) stearate, polyoxyl (40) stearate
<b>E432</b>	polyoxyethylene sorbitan monolaurate, polysorbate 20, tween 20
<b>E433</b>	polyoxyethylene sorbitan mono-oleate, polysorbate 80, tween 80
<b>E434</b>	polyoxyethylene sorbitan monopalmitate, polysorbate 40, tween 40
<b>E435</b>	polyoxyethylene sorbitan monostearate, polysorbate 60, tween 60
<b>E436</b>	polyoxyethylene sorbitan tristearate, polysorbate 65, tween 65
<b>E470(a)</b>	sodium, potassium and calcium salts of fatty acids
<b>E470(b)</b>	magnesium salts of fatty acids E471 - glycerides of fatty acids, glyceryl monostearate, glyceryl distearate
<b>E472(a)</b>	acetic acid esters of glycerides of fatty acids, acetoglycerides, glycerol esters
<b>E472(b)</b>	lactic acid esters of glycerides of fatty acids, lactylated glycerides, lactoglycerides
<b>E472(c)</b>	citric acid esters of glycerides of fatty acids
<b>E472(d)</b>	tartaric acid esters of glycerides of fatty acids
<b>E472(e)</b>	mono and diacetyltartaric acid esters of glycerides of fatty acids

<b>E472(f)</b>	mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids
<b>E473</b>	sucrose esters of fatty acids
<b>E474</b>	sucroglycerides
<b>E475</b>	polyglycerol esters of fatty acids
<b>E476</b>	polyglycerol esters of polycondensed fatty acids of castor oil, polyglycerol polyricinoleate; - polyglycerol esters of dimerized fatty acids of soya bean oil
<b>E477</b>	propylene glycol esters of fatty acids; propane - 1,2 - diol esters of fatty acids 478 - lactylated fatty acid esters of glycerol and propane - 1, 2 - diol
<b>E479(b)</b>	thermally oxidized soya bean oil interacted with mono- and di- glycerides of fatty acids
<b>E481</b>	sodium stearyl-2-lactylate
<b>E482</b>	calcium stearyl-2-lactylate
<b>E483</b>	stearyl tartrate
<b>E491</b>	sorbitan monostearate
<b>E492</b>	sorbitan tristearate, span 65
<b>E493</b>	sorbitan monolaurate, span 20
<b>E494</b>	sorbitan mono-oleate, span 80
<b>E495</b>	sorbitan monopalmitate, span 40
<b>E570</b>	fatty acids (including myristic, stearic, palmitic and oleic), butyl stearate
<b>E572</b>	magnesium salts of fatty acids (including magnesium stearate); - calcium stearate
<b>E585</b>	ferrous lactate
<b>E627</b>	guanosine 5'-disodium phosphate, sodium guanylate, disodium guanylate
<b>E635</b>	sodium 5'-ribonucleotide
<b>E640</b>	glycine and its sodium salt
<b>E920</b>	L-cysteine hydrochloride

**E1518** glyceryl mono-, di- and tri-acetate (triacetin) calcium heptonate calcium phytate diacetin, glyceryl leucine monoacetin oxystearin polyglycerol esters of dimerized fatty acids of soya bean oil any unspecified flavourings