

Tichikin Anúk Ren Túmwúnún Mwongo Sheet #29

Met kopwe sinei fan iten ewe Anúk

WWW.HEALTHOREGON.ORG/
FOODSAFETY

OAR 333-150-0000, CHAPTER 2-401.11

Additive (Minen nofit).

(1) "Food additive (Nofitin mwongo)" mei nomw awewen non ewe Federal Food, Drug, and Cosmetic Act, § 201(s) me 21 CFR170. 3(e)(1).
(2) "Color additive (Kaler minen nofit)" mei nomw awewen non ewe Federal Food, Drug, me Cosmetic Act, §70.3(f).

3-202.12 Additives (Nofitin mwongo aninisin an epwe namwotam esapw ngaw mwutir).

Mei tongeni an esapw wor non mwongo ekewe additives ika nofitin mwongo mei napeseni usun met mei afat non 21 CFR 170-180 e kapas usun ekewe nofitin mwongo, mei siin pwe mei tumwun ika ekewe minen mwongo mei mwumwuta akomwan mei napeseni met mei afat non 21 CFR 181-186, ekewe nofitin mei napeseni ewe kaúk mei afat non 9 CFR Sub- part C Section 424.21(b) Nofitin mwongo me ekewe nofitin mei aninisin me anomwutama mwongo an esapw ngaw, ika maan mei nomweti non mwongo usun mei afat non 40 CFR 180 Met mei tongeni epwe eoch ngeni ren ekewe ménún non mwongo, me met mei ketiw. ^P

EUCHEAN TÚMWÚNÚN MANAWEN ARAMAS:

Food additives (nofitin mwongo aninisin an epwe namwotam esapw ngaw mwutir) ewe minen nofitin a winitit ew masowasowan ika kinikinin non ewe mwongo, nein uchok ar pwasin ochufengeni ika e meninong seni eoch mettoch. Epwe tichiik an epwe fiti ngeni pwingún anúk pwe ika ekon pwan nunó waten iwe mei afeingaw ngeni chón mwongo. Ekewe maan mei angawa mwongo mei tongeni mwaninó me tonong ika ekewe nusun ménún non mwongo ir mei tongeni ténong non ekewe mwongo. Ewe kéúkún mi eoch ese kon wor afeingawan mei fér fan iten ekei chemicals ee pwingunó seni ewe risk assessment evaluations (angangen katon úkúkún afeingawen mettoch) e eto seni ewe pekin kaé ren afeingawen mettoch me úkúkún ewe minen mwongo.

Ekewe nofitin minen an epwe namwotam an mwongo me ewe minen asokonóí éntúwen mwongo ir mei tongen aia nge repwe apwonueta ewe anúkún federal ren nofitin mwongo me minen colorún mwongo, ew food-contact notification (pekin esinesin ika mi wor met a ngaw ren ew mwongo), ika ewe kéúkún mei mwumwuta. Ekei anúk, minen esinenesin ika e ngaw mwongo, me met mei mwumwuta iwe mei kinikinitiw non únúngat kinikin: ewe *iit* ika itan ewe mettoch ika e feito seni met, *tichikin* mei pachenong ren pwasin napanapan ika mi ifa usun nikikin, me *keúkún* ren ifa usun aian. Ren ar repwe tongeni aia ewe nofitin mwongo ika colorún mwong, iwe repwe apwonueta meinisin ekewe únúngat kinikin.

Additives (Nofitin mwongo aninisin an epwe namwotam esapw ngaw mwutir)

Meinisin ekewe mwongo repwe etinong non ewe imwen mwongo epwe eto seni ekewe neni ir mei angei mwumwuta seni pekin apochokúna anúk. Napengeni ekewe minen nofitin mwongo me colorún mwongo ke méni seni ekewe sitowa iwe ir mei Generally Recognized as Safe, or GRAS (wewen ir mei tumwun ika eoch). Ew minan awewe iwe sóón, pepper me sinemen. Mei wor ew list ren ekewe minen mwongo mei tumwun GRAS non [21 CFR 170-186](#), mei maketi iten ekewe mwongo me fite úkúkú kich mi tongeni aia. Mei wor ekewe additives ika nofitin ese mwumwuta, awewe ren monosodium glutamate (napengeni aramas re ekeiki nge ese eoch ach sipwe mwongo). Ekewe color minen nofitin, ren ewe food color mi paar, mei pwan mwumwuta ika pwe mei fiti ngeni pwingun anúk.

Napengeni ekei product ika minen mwongo mei ketiw ren ewe Pekin Túmwúnún Mwongo me Safei (Food and Drug Administration, FDA) echok fiti ngeni ew-me-ew case ren ifa tichikin aian. Awewe, ika re aia spirulina ren minen colorún mwongo, iwe mei mwumwuta ika rechok aia ekis ren nenien amwonotá mwongo. Nge rese tongeni aia spirulina powder ren minen nofitin ngeni smoothies non ew coffee bar. Pwan ew minen awewe iwe coconut charcoal, mei anúk ika mwo pwe e fér seni ew mwongo mi ketiw ika mwumwuta (núú).

Ekkei sókkun minen nofitin mei sakopat mei tongeni epwe weires ar repwe apwúnganó met mei mwumwuta me met ese. Fan iten ei wewe, me núkún uchok ika ewe manufacturer ir mei tongeni awora ew taropwe seni ewe Center for Food Safety and Applied Nutrition (CFSAN) ika FDA epwe afat pwe ar ewe minen mwongo mei mwumwuta pwe minen nofitin, iwe ese ketiw ar repwe aea non ewe imwen mwongo. Ren ekkoch tichikin pworous, etinó wón: <https://www.fda.gov/food/food-ingredients-packaging/determining-regulatory-status-food-ingredient>.

Ekkoch additives (nofit) **ese** mwumwutá seni FDA non ei fansoun iwe:

- Activated carbon/charcoal
- Kava powder (esapw nofitin ngeni mwongo, nge waran ewe ir mei tongeni kuuku pwe ew tea)
- Nitrites/nitrates (ika ese wor ew variance an epwe tumwunu an epwe pwung kéúkún repwe tongeni aia)
- Sulfites wón féún iira mei minafé me chén iira ekena repwe minau nge mi chok amas
- Kratom, non fitu sókkun
- Blue Lotus (blue water lily, sacred blue lily)
- Ese pwung maak wón label (taropwe mei maak tichikin pworousen ew mwongo)/mwongo ese wor label wón



"Natural" ika "organic" ekei sókkun mwongo ese chok pwasin ketiw pwe repwe aia ren nofitin mwongo

Ekkoch minen mwongo **mei** ketiw ar repwe nofitanong non mwongo iwe ikei:

- MCT coconut oil (népwuuk)
- CBD oil seni Oregon manufacturers (ekewe mettoch minen ekkoch states repwe pwari nge ir mei fiti ngeni anúkún Oregon)

Operators resapw erau met repwe era pwe mi aninisin ren tumwunun samwau, awewe ren "akukunatiw anxiety" ika "akukunatiw feitacha" ren ekewe mettoch ren nofitin ngeni mwongo.

Ekewe imwen mwongo ir mei tongeni amémé ekewe supplements (minen apochokunen inis) ir mei nomw non túkútúkúr, ese kamw túkútúkún, nge rese tongeni ar repwe nofitanong non ekewe minen mwongo.