

De-Bunking the “Natural Flavors” Controversy

FDA groups many compounds under this title of “Natural Flavors” to prevent confusion as to why a substance is there. Let me give you the FDA’s definition of “natural flavors” (from FDA'S Code of Federal Regulations)

The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Natural flavors include the natural essence or extractives obtained from plants listed in §§ 182.10, 182.20, 182.40, and 182.50 and part 184 of this chapter, and the substances listed in § 172.510 of this chapter.

This is the only legal definition of natural flavors there is. The only place I have read concerns about it is from the same quacks that talk about fermented soy 😊