What is an E-Number?

An E-Number is a reference number given to food additives that have passed safety tests and have been approved for use throughout the European Union (EU).  

There are over 500 E-Numbers in Europe.

On food packaging, E-Numbers can be written in 1 of 3 ways:

1. INGREDIENT
2. CHEMICAL NAME
3. E-NUMBER

Did you know that Oxygen has an E-Number (E948)? It is used in the packing of vegetables.

COMMON ADDITIVES INCLUDE:
Antioxidants, Colours, Sweeteners, Preservatives, Thickeners, Stabilisers & Flavour Enhancers.

Did you know that Vitamin C has an E-Number (E300)?

Despite modern-day associations, food additives have been used for centuries, dating as far back as the Ancient Egyptians and Romans.

Many food additives are naturally occurring and some are even essential nutrients.

References:

© 2015. Univar BV. All rights reserved. UNIVAR, the hexagon, and other identified trademarks are the property of Univar Inc., Univar USA Inc., Univar Ltd., or affiliated companies. All other trademarks not owned by Univar Inc., Univar USA Inc., Univar Ltd., or affiliated companies that appear in this material are the property of their respective owners. Univar makes no representations and warranties as to the statements of third party producers or manufacturers included in this material. Always read and follow label directions.