

# *Cheapening additives*

- .What additives make certain products so cheap?
- .How they affect your health?

*The target of my research is to find out what is staying behind the cheap price of marshmallows and other products*

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# Old marshmallows

Marshmallow, most likely, first emerged as a drug, since it was made on the basis of the root extract of the Althea medicinal plant, which was used as a remedy for sore throat. In the 19th century, French candy makers introduced several innovations to the recipe for making sweets, bringing this confectionary closer to the modern look marshmallow. But this is old marshmallows. What is situation looks like now in 21<sup>st</sup> century



I picked up random pack of cheap little marshmallows . And found out--- Today's modern marshmallows contain no parts of the marshmallow plant though as you can see. Instead, modern marshmallows are primarily a mix. Three ingredients: sugar, corn syrup, and gelatin, with the gelatin replacing the thick, gluey substance from the marshmallow plant. The sugar and corn syrup are heated together with a little water to make a solution.

Grasas (lipidos)	2 g	<b>INGREDIENTS:</b> Syrup, Sugar, Water, Dextrose, Sorbitol (E420i), Gelatin, Modified Corn Starch, Vanilla Artificial Flavour, Tetrasodium Pyrophosphate (E 450iii Whipping Aid). <b>INGRÉDIENTS:</b> Sirop de Maïs, Sucre, Eau, Dextrose, Sorbitol (E420i), Gélatine, Farine de Maïs, Saveur Artificielle: Vanille, Tetrasodium pyrophosphate (E450iii Fouettant l'Aide). <b>INGREDIENTES:</b> Glicose, Açúcar, Água, Dextrose, Sorbitol (INS420i), Elastina, Amido de milho modificado, Sabor artificial: Baunilha, Pirofosfato de Terassodio (INS 450iii agente de Firmeza). <b>Состав:</b> кукурузный сироп 51.54%, сахар 20.43%, вода 13.3%, желатин 5.4%, декстроза 3.9%, сорбит (агент влагоудерживающий) 3.2%, модифицированный кукурузный крахмал (загуститель) 2.18%, ароматизатор (ваниль) 0.04%, тетрапирофосфат натрия (стабилизатор) 0.01%. المكونات: شراب الذرة، سكر العنب، سوربيتول، جيلاتين بقرى، نشاء الذرة المعحل، نكهة الفانيل الاصطناعية، مساعد تماسك (تترا بيرو فوسفات الصوديوم). تطهير: زيادة للكمية المستهلكة من السوربيتول على 40 غم في اليوم قد تسبب الاسهال.	Trans Fat / Grasa Trans 0g	Cholesterol / Colesterol 0mg
Sodium / Sodio	15mg		Total Carbohydrate / Carbohidrato Total	24g
Dietary Fiber / Fibra Dietaria	0g		Sugars / Azúcares	17g
Protein / Proteína	2g		Vitamin A / Vitamina A	0%
Calcium / Calcio	0%		* Percent Daily values are based on a 2000 calorie diet, according to higher or lower depending on your calorie needs. * Los porcentajes de acuerdo a la FAO-OMS (INDEX 93). * Dependiendo de sus necesidades calóricas.	
Fat Total / Grasa total			Sat. Fat / Grasa Saturada	
Cholesterol / Colesterol			Sodium / Sodio	
Total Carbohydrate / Carbohidrato total			Dietary Fiber / Fibra Dietaria	
Calories per gram / Calorías por gramo:			Fat / Grasa	
			Carbohydrate / Carbohidrato	

Los porcentajes están basados en los valores nutricionales de referencia internacional mexicana conforme a la NOM-051-SCFI-2010.

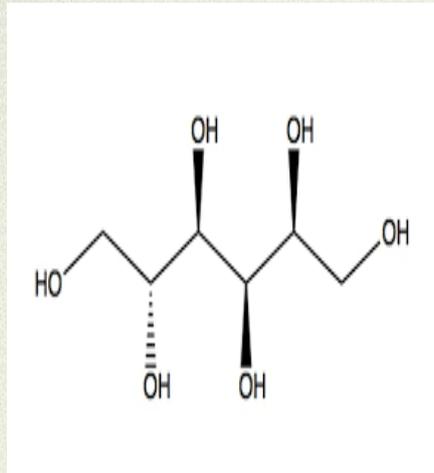
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# The Chemical Structure

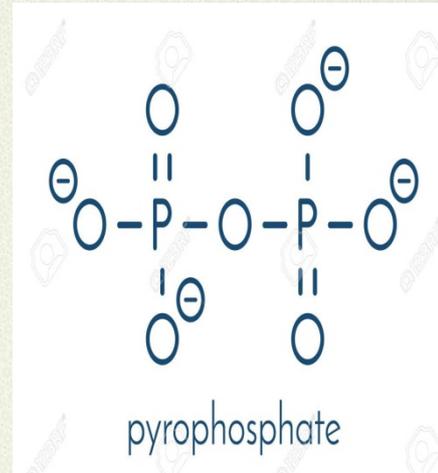
Marshmallows are simply comprised of a sugar solution beaten together with a food gum, such as gelatin or xanthenes gum (also known as E415 it can be harmful to your digestion system and you can't see it here but believe it is definitely in). Eggs are added to white a structure since they are able to hold large volumes of air, their addition allows for much lighter marshmallows. E420 (sorbitol) sweetener thickener it also increases storage life drastically it can cause your cells to stop their work and in big amounts it also acts like laxative pill. E450 (tetra sodium pyrophosphate) Their main purpose is to increase the volume of product, which in turn increases the mass of finished products. With increased use of the additive, calcium absorption is degraded, as a result of which phosphorus and calcium are deposited in the kidneys, contributing to the development of osteoporosis. E1422 (modified starch) There is information that modified starches cause harm to the pancreas and can cause a dangerous disease - pancreonecrosis.



E415



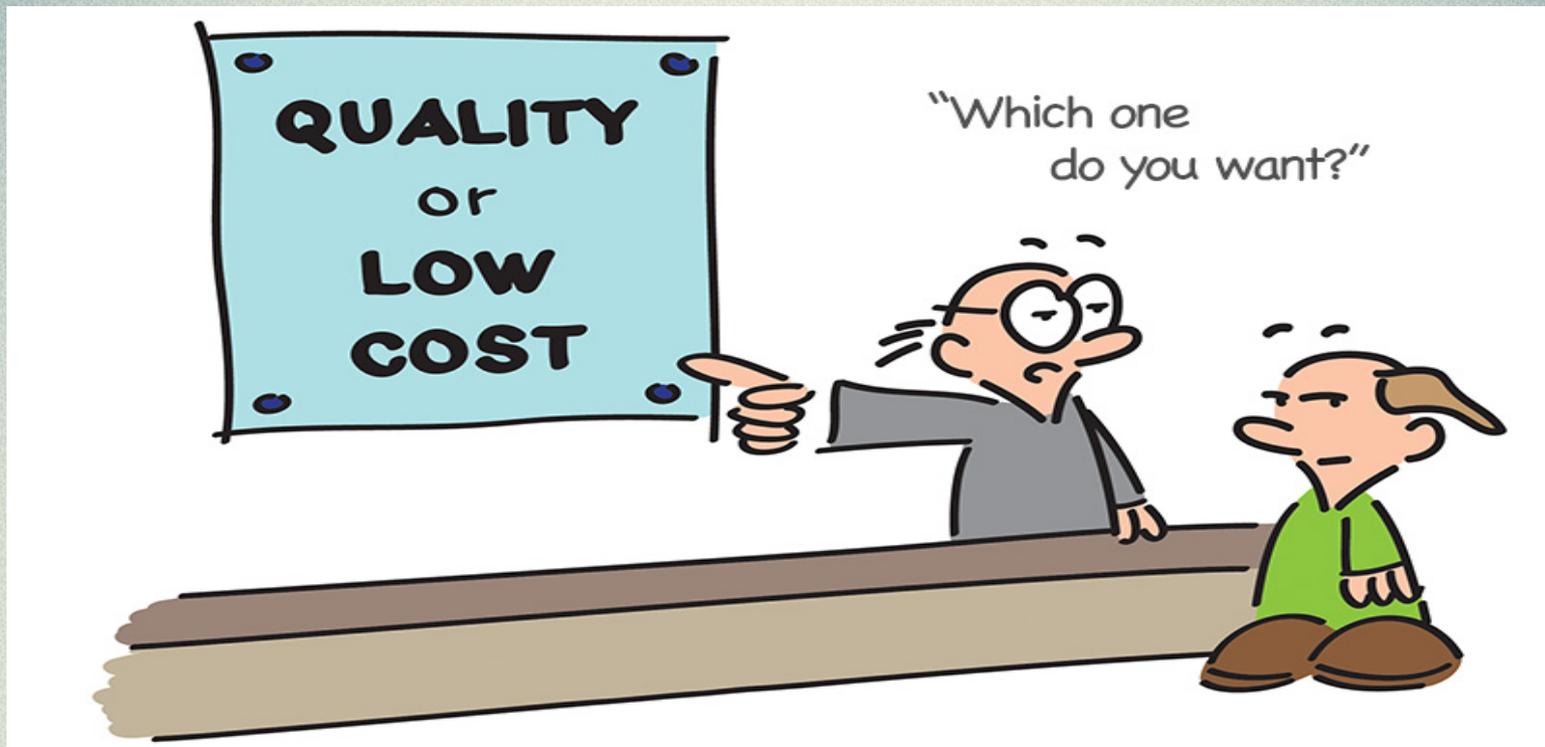
E420



E450



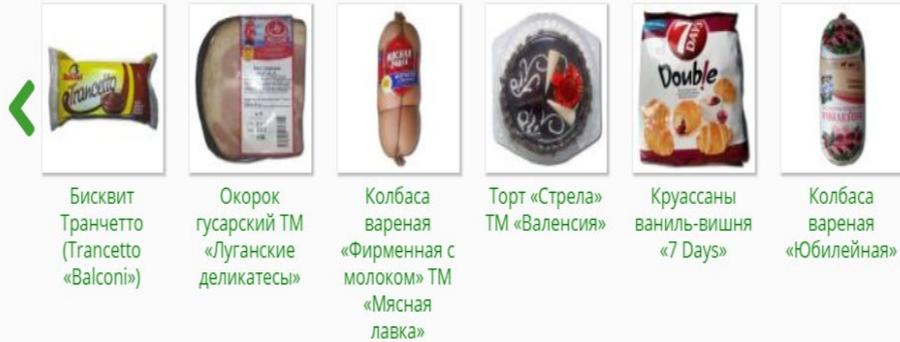
E1422



As we all know cheap products often meant to be bad and low quality in order to be cheap as possible for consumer and manufacturer. These marshmallows are made so cheap to be affordable to kids. Eventually kids end up with different specter of diseases .That is cheep trick of the producers of cheep marshmallows. You'd better evade cheep stuff because additives from marshmallows are quiet similar to the any another product and I mean ANY!

# Same additives in different products

## Продукты, содержащие добавку E450



# Be aware

In conclusion I can say that every thing in our world have price .You really should have to know the exact price of a certain thing so you would be able to say instantly and without a doubt that price is too low or too high for a certain thing .Always be aware of what you are eating.

- Look for exact prices
- Check contents

**Thanks for your attention.**

I wish you'd never buy such products