

Glutamate News



Savoury taste can help lower blood pressure

Scientists have discovered that one of the most common amino acids, glutamic acid, present in vegetable protein can help to lower blood pressure.

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Scientific review shows no link between MSG and development of allergic reactions or asthma

This review shows that studies have failed to demonstrate a link between consuming foods seasoned with monosodium glutamate and the development of allergies, allergic-type symptoms or asthma.

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Glutamate Events



The Recipe for Perfect Gravy

As part of their Year of Food, the Royal Society of Chemistry (RSC) has announced the recipe for making the perfect gravy - with soy sauce as the secret ingredient! The RSC says that the monosodium glutamate in the sauce brings out the meaty, umami taste.

[More...](#)

Our goal is to provide you with accurate and up-to-date information about glutamate (MSG). There is information about the discovery and taste of glutamate, the role it plays in our food and our bodies and its nutritional benefits. There are also sections where you can find the answers to many frequently asked questions (FAQs) about MSG.

If you cannot find what you are looking for on the site, please let us know using the [e-mail inquiry service](#).