

# THE VEGETARIAN SOCIETY - E NUMBERS

## Always non-vegetarian

E120 Cochineal

## Can be produced from both vegetarian and non-vegetarian sources

E104\*\* Quinoline Yellow  
E160a(ii)\*\* Alpha-, beta-, gamma carotene (may be held in gelatine matrix)  
E161(g) Canthaxanthin  
E252 Potassium Nitrate  
E270\* Lactic Acid  
E304(i) Ascorbyl Palmitate  
E304(ii) Ascorbyl Stearate  
E322\* Lecithin (may be made from battery eggs)  
E325\* Sodium Lactate  
E326\* Potassium Lactate  
E327\* Calcium Lactate  
E422 Glycerol/Glycerin  
E431 Polyoxyethylene (40) stearate  
E432 Polyoxyethylene (20) sorbitan monolaurate  
E433 Polyoxyethylene (20) sorbitan mono-oleate  
E434 Polyoxyethylene (20) sorbitan monopalmitate  
E435 Polyoxyethylene (20) sorbitan monostearate  
E436 Polyoxyethylene (20) sorbitan tristearate  
E442 Ammonium Phosphatides  
E445 Glyceryl esters of wood rosin  
E470(a) Sodium, potassium and calcium salts of fatty acids  
E470(b) Magnesium salts of fatty acids  
E471 Mono- and di-glycerides of fatty acids  
E472(a) Acetic acid esters of mono- and di-glycerides of fatty acids  
E472(b) Lactic acid esters of mono- and di-glycerides of fatty acids  
E472(c) Citric acid esters of mono- and di-glycerides of fatty acids  
E472(d) Tartaric acid esters of mono- and di-glycerides of fatty acids  
E472(e) Mono- and di-acetyl tartaric acid esters of mono- and di-glycerides of fatty acids  
E472(f) Mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids  
E473 Sucrose esters of fatty acids  
E474 Sucroglycerides  
E475 Polyglycerol esters of fatty acids  
E476 Polyglycerol esters of polycondensed fatty acids of castor oil  
E477 Propane-1,2-diol esters of fatty acids  
E479(b) Thermally oxidised soya bean oil interacted with mono- and di-glycerides of fatty acids  
E481 Sodium stearoyl-2-lactylate  
E482 Calcium stearoyl-2-lactylate  
E483 Stearyl tartrate  
E491 Sorbitan monostearate  
E492 Sorbitan tristearate  
E493 Sorbitan monolaurate  
E494 Sorbitan mono-oleate  
E495 Sorbitan monopalmitate  
E570 Stearic acid  
E585 Ferrous Lactate  
E631 Sodium 5'-inosinate  
E635 Sodium 5'-ribonucleotides  
E640 Glycine and its sodium salt  
E920 L-cysteine and L-cysteine hydrochloride  
E966 Lactitol  
E1105 Lysozyme (made from eggs)  
E1518 Glycerol mono-, di- and tri-acetate

All other E Numbers are to the best of our knowledge always vegetarian

E numbers marked \* may theoretically be made in a non vegetarian version, but are practically always suitable

E numbers marked \*\* are not themselves non vegetarian but may be carried in a gelatine carrier especially when used in liquids