

# Approved additives and E numbers

Additives and E numbers for colours, preservatives, antioxidants, sweeteners, emulsifiers, stabilisers, thickeners and other types of additives.

Most additives are only permitted to be used in certain foods and are subject to specific quantitative limits, so it is important to note this list should be used in conjunction with the appropriate legislation:

- [retained EU Regulation 1333/2008](#) on food additives in England and Wales
- [EU Regulation 1333/2008](#) on food additives and [Commission Regulation \(EU\) 2022/63, amending Annexes II and III to Regulation 1333/2008](#) in Northern Ireland

## Titanium dioxide

From 7 February 2022 the use of titanium dioxide (TiO<sub>2</sub> - E171) as a food additive is no longer permitted in the EU and in Northern Ireland, due to the application of the Northern Ireland Protocol, following the publication of [Commission Regulation \(EU\) 2022/63, amending Annexes II and III to Regulation \(EC\) No 1333/2008](#).

This regulation was published with a 6-month transition period which ends on 7 August 2022. Until the end of this transition period foods produced in accordance with the rules applicable before 7 February 2022 may continue to be placed on the market. After 7 August 2022, food products containing TiO<sub>2</sub> will no longer be able to be placed on the EU/NI market, however, foods already on the market will be able to remain on the market until they reach their date of minimum durability or 'use by' date.

## Colours

E numbers	Additives
E100	Curcumin
E101	(i) Riboflavin
	(ii) Riboflavin-5'-phosphate
E102	Tartrazine
E104	Quinoline yellow

<b>E numbers</b>	<b>Additives</b>
<b>E110</b>	Sunset Yellow FCF; Orange Yellow S
<b>E120</b>	Cochineal; Carminic acid; Carmines
<b>E122</b>	Azorubine; Carmoisine
<b>E123</b>	Amaranth
<b>E124</b>	Ponceau 4R; Cochineal Red A
<b>E127</b>	Erythrosine
<b>E129</b>	Allura Red AC
<b>E131</b>	Patent Blue V
<b>E132</b>	Indigotine; Indigo Carmine
<b>E133</b>	Brilliant Blue FCF
<b>E140</b>	Chlorophylls and chlorophyllins
<b>E141</b>	Copper complexes of chlorophyll and chlorophyllins
<b>E142</b>	Green S
<b>E150a</b>	Plain caramel
<b>E150b</b>	Caustic sulphite caramel
<b>E150c</b>	Ammonia caramel
<b>E150d</b>	Sulphite ammonia caramel
<b>E151</b>	Brilliant Black BN; Black PN



**Anti Additive**

E numbers	Additives
E153	Vegetable carbon
E155	Brown HT
E160a	Carotenes
E160b(i)	Annatto, bixin
E160b(ii)	Annatto, norbixin
E160c	Paprika extract; Capsanthin; Capsorubin
E160d	Lycopene
E160e	Beta-apo-8'-carotenal (C30)
E161b	Lutein
E161g	Canthaxanthin
E162	Beetroot Red; Betanin
E163	Anthocyanins
E170	Calcium carbonate
E171	Titanium dioxide; <a href="#">not permitted for use in Northern Ireland</a>
E172	Iron oxides and hydroxides
E173	Aluminium
E174	Silver
E175	Gold



Anti Additive

E numbers	Additives
E180	Litholrubine BK

## Preservatives

E numbers	Additives
E200	Sorbic acid
E202	Potassium sorbate
E210	Benzoic acid
E211	Sodium benzoate
E212	Potassium benzoate
E213	Calcium benzoate
E214	Ethyl p-hydroxybenzoate
E215	Sodium ethyl p-hydroxybenzoate
E218	Methyl p-hydroxybenzoate
E219	Sodium methyl p-hydroxybenzoate
E220	Sulphur dioxide
E221	Sodium sulphite
E222	Sodium hydrogen sulphite
E223	Sodium metabisulphite
E224	Potassium metabisulphite



Anti Additive

E numbers	Additives
E226	Calcium sulphite
E227	Calcium hydrogen sulphite
E228	Potassium hydrogen sulphite
E234	Nisin
E235	Natamycin
E239	Hexamethylene tetramine
E242	Dimethyl dicarbonate
E243	Ethyl lauroyl arginate
E249	Potassium nitrite
E250	Sodium nitrite
E251	Sodium nitrate
E252	Potassium nitrate
E280	Propionic acid
E281	Sodium propionate
E282	Calcium propionate
E283	Potassium propionate
E284	Boric acid
E285	Sodium tetraborate; borax



Anti Additive

E numbers	Additives
E1105	Lysozyme

## Antioxidants

E numbers	Additives
E300	Ascorbic acid
E301	Sodium ascorbate
E302	Calcium ascorbate
E304	Fatty acid esters of ascorbic acid
E306	Tocopherols
E307	Alpha-tocopherol
E308	Gamma-tocopherol
E309	Delta-tocopherol
E310	Propyl gallate
E315	Erythorbic acid
E316	Sodium erythorbate
E319	Tertiary-butyl hydroquinone (TBHQ)
E320	Butylated hydroxyanisole (BHA)
E321	Butylated hydroxytoluene (BHT)
E392	Extracts of rosemary



Anti Additive

E numbers	Additives
E586	4-Hexylresorcinol

## Sweeteners

E numbers	Additives
E420	(i) Sorbitol
	(ii) Sorbitol syrup
E421	Mannitol
E950	Acesulfame K
E951	Aspartame
E952	Cyclamic acid and its Na and Ca salts
E953	Isomalt
E954	Saccharin and its Na, K and Ca salts
E955	Sucralose
E957	Thaumatococcus
E959	Neohesperidine DC
E960	Steviol glycoside
E961	Neotame
E962	Salt of aspartame-acesulfame
E964	Polyglycitol syrup



Anti Additive

E numbers	Additives
E965	(i) Maltitol
	(ii) Maltitol syrup
E966	Lactitol
E967	Xylitol
E968	Erythritol
E969	Advantame

### Emulsifiers, stabilisers, thickeners and gelling agents

E numbers	Additives
E322	Lecithins
E400	Alginic acid
E401	Sodium alginate
E402	Potassium alginate
E403	Ammonium alginate
E404	Calcium alginate
E405	Propane-1,2-diol alginate
E406	Agar
E407	Carrageenan
E407a	Processed eucheuma seaweed



Anti Additive



E numbers	Additives
E410	Locust bean gum; carob gum
E412	Guar gum
E413	Tragacanth
E414	Acacia gum; gum arabic
E415	Xanthan gum
E416	Karaya gum
E417	Tara gum
E418	Gellan gum
E425	Konjac
E426	Soybean hemicellulose
E427	Cassia gum
E432	Polyoxyethylene sorbitan monolaurate; Polysorbate 20
E433	Polyoxyethylene sorbitan mono-oleate; Polysorbate 80
E434	Polyoxyethylene sorbitan monopalmitate; Polysorbate 40
E435	Polyoxyethylene sorbitan monostearate; Polysorbate 60
E436	Polyoxyethylene sorbitan tristearate; Polysorbate 65
E440	Pectins
E442	Ammonium phosphatides



Anti Additive

<b>E numbers</b>	<b>Additives</b>
<b>E444</b>	Sucrose acetate isobutyrate
<b>E445</b>	Glycerol esters of wood rosins
<b>E460</b>	Cellulose
<b>E461</b>	Methyl cellulose
<b>E462</b>	Ethyl cellulose
<b>E463</b>	Hydroxypropyl cellulose
<b>E464</b>	Hydroxypropyl methyl cellulose
<b>E465</b>	Ethyl methyl cellulose
<b>E466</b>	Carboxy methyl cellulose
<b>E468</b>	Crosslinked sodium carboxy methyl cellulose
<b>E469</b>	Enzymatically hydrolysed carboxy methyl cellulose
<b>E470a</b>	Sodium, potassium and calcium salts of fatty acids
<b>E470b</b>	Magnesium salts of fatty acids
<b>E471</b>	Mono- and diglycerides of fatty acids
<b>E472a</b>	Acetic acid esters of mono- and diglycerides of fatty acids
<b>E472b</b>	Lactic acid esters of mono- and diglycerides of fatty acids
<b>E472c</b>	Citric acid esters of mono- and diglycerides of fatty acids
<b>E472d</b>	Tartaric acid esters of mono- and diglycerides of fatty acids



**Anti Additive**

E numbers	Additives
E472e	Mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids
E472f	Mixed acetic and tartaric acid esters of mono- and diglycerides of fatty acids
E473	Sucrose esters of fatty acids
E474	Sucroglycerides
E475	Polyglycerol esters of fatty acids
E476	Polyglycerol polyricinoleate
E477	Propane-1,2-diol esters of fatty acids
E479b	Thermally oxidised soya bean oil interacted with mono and diglycerides 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 monooleate
E495	Sorbitan monopalmitate
E1103	Invertase



Anti Additive

## Others

Acid, acidity regulators, anti-caking agents, anti-foaming agents, bulking agents, carriers and carrier solvents, emulsifying salts, firming agents, flavour enhancers, flour treatment agents, foaming agents, glazing agents, humectants, modified starches, packaging gases, propellants, raising agents and sequestrants.

E numbers	Additives
E260	Acetic acid
E261	Potassium acetate
E262	Sodium acetate
E263	Calcium acetate
E270	Lactic acid
E290	Carbon dioxide
E296	Malic acid
E297	Fumaric acid
E325	Sodium lactate
E326	Potassium lactate
E327	Calcium lactate
E330	Citric acid
E331	Sodium citrates
E332	Potassium citrates
E333	Calcium citrates
E334	Tartaric acid (L-(+))



Anti Additive

E numbers	Additives
E335	Sodium tartrates
E336	Potassium tartrates
E337	Sodium potassium tartrate
E338	Phosphoric acid
E339	Sodium phosphates
E340	Potassium phosphates
E341	Calcium phosphates
E343	Magnesium phosphates
E350	Sodium malates
E351	Potassium malate
E352	Calcium malates
E353	Metatartaric acid
E354	Calcium tartrate
E355	Adipic acid
E356	Sodium adipate
E357	Potassium adipate
E363	Succinic acid
E380	Triammonium citrate



Anti Additive

E numbers	Additives
E385	Calcium disodium ethylene diamine tetra-acetate; calcium disodium EDTA
E422	Glycerol
E423	Octenyl succinic acid modified gum Arabic
E450	Diphosphates
E451	Triphosphates
E452	Polyphosphates
E459	Beta-cyclodextrin
E499	Stigmasterol-rich plant sterols
E500	Sodium carbonates
E501	Potassium carbonates
E503	Ammonium carbonates
E504	Magnesium carbonates
E507	Hydrochloric acid
E508	Potassium chloride
E509	Calcium chloride
E511	Magnesium chloride
E512	Stannous chloride
E513	Sulphuric acid



Anti Additive

E numbers	Additives
E514	Sodium sulphates
E515	Potassium sulphates
E516	Calcium sulphate
E517	Ammonium sulphate
E520	Aluminium sulphate
E521	Aluminium sodium sulphate
E522	Aluminium potassium sulphate
E523	Aluminium ammonium sulphate
E524	Sodium hydroxide
E525	Potassium hydroxide
E526	Calcium hydroxide
E527	Ammonium hydroxide
E528	Magnesium hydroxide
E529	Calcium oxide
E530	Magnesium oxide
E535	Sodium ferrocyanide
E536	Potassium ferrocyanide
E538	Calcium ferrocyanide
E541	Sodium aluminium phosphate



Anti Additive

E numbers	Additives
<b>E551</b>	Silicon dioxide
<b>E552</b>	Calcium silicate
<b>E553a</b>	(i) Magnesium silicate
	(ii) Magnesium trisilicate
<b>E553b</b>	Talc
<b>E554</b>	Sodium aluminium silicate
<b>E555</b>	Potassium aluminium silicate
<b>E570</b>	Fatty acids
<b>E574</b>	Gluconic acid
<b>E575</b>	Glucono delta-lactone
<b>E576</b>	Sodium gluconate
<b>E577</b>	Potassium gluconate
<b>E578</b>	Calcium gluconate
<b>E579</b>	Ferrous gluconate
<b>E585</b>	Ferrous lactate
<b>E620</b>	Glutamic acid
<b>E621</b>	Monosodium glutamate
<b>E622</b>	Monopotassium glutamate
<b>E623</b>	Calcium diglutamate



Anti Additive



E numbers	Additives
E624	Monoammonium glutamate
E625	Magnesium diglutamate
E626	Guanylic acid
E627	Disodium guanylate
E628	Dipotassium guanylate
E629	Calcium guanylate
E630	Inosinic acid
E631	Disodium inosinate
E632	Dipotassium inosinate
E633	Calcium inosinate
E634	Calcium 5'-ribonucleotides
E635	Disodium 5'-ribonucleotides
E640	Glycine and its sodium salt
E641	L-leucine
E650	Zinc acetate
E900	Dimethylpolysiloxane
E901	Beeswax, white and yellow
E902	Candelilla wax
E903	Carnauba wax



Anti Additive

E numbers	Additives
E904	Shellac
E905	Microcrystalline wax
E907	Hydrogenated Poly-1-Decene
E914	Oxidised Polyethylene wax
E920	L-Cysteine
E927b	Carbamide
E938	Argon
E939	Helium
E941	Nitrogen
E942	Nitrous oxide
E943a	Butane
E943b	Iso-butane
E944	Propane
E948	Oxygen
E949	Hydrogen
E999	Quillaia extract
E1200	Polydextrose
E1201	Polyvinylpyrrolidone
E1202	Polyvinylpolypyrrolidone



Anti Additive

E numbers	Additives
E1203	Polyvinyl alcohol
E1204	Pullulan
E1205	Basic methacrylate copolymer
E1206	Neutral methacrylate copolymer
E1207	Anionic methacrylate copolymer
E1208	Polyvinylpyrrolidone-vinyl acetate copolymer
E1209	Polyvinyl alcohol-polyethylene glycol-graft- co-polymer
E1404	Oxidised starch
E1410	Monostarch phosphate
E1412	Distarch phosphate
E1413	Phosphated distarch phosphate
E1414	Acetylated distarch phosphate
E1420	Acetylated starch
E1422	Acetylated distarch adipate
E1440	Hydroxyl propyl starch
E1442	Hydroxy propyl distarch phosphate
E1450	Starch sodium octenyl succinate
E1451	Acetylated oxidised starch



Anti Additive

<b>E numbers</b>	<b>Additives</b>
<b>E1452</b>	Starch aluminium Octenyl succinate
<b>E1505</b>	Triethyl citrate
<b>E1517</b>	Glyceryl diacetate (diacetin)
<b>E1518</b>	Glyceryl triacetate; triacetin
<b>E1519</b>	Benzyl alcohol
<b>E1520</b>	Propan-1,2-diol; propylene glycol
<b>E1521</b>	Polyethylene glycol



# Anti Additive