

We frequently receive inquiries about E-Numbers and whether they are Halal or not. Since the list of E-Numbers is continuously changing, as new ingredients are added, it is difficult to maintain a fully updated list. However, we have prepared a **partial list** of some of the questionable or problematic ingredients that need further checking or should be avoided if you are unable to verify its origin.

The status of the following E-Numbers is designated as:

Q1 means they are made from animal fats, plant oils or synthetic sources. They are a combination of fatty acids and other chemicals. If the source is not known, they are questionable and **may be haram**.

Q2 means they are made from animal or plant proteins, synthetic sources or through biotechnology. They are amino acids. If the source is not known, they are questionable and **may be haram**.

E-304	Fatty acid esters of ascorbic acid	Antioxidant	Q1
E-322	Lecithins	Emulsifier	Q1
E-422	Glycerol	Humectant	Q1
E-431	Polyoxyethylene (40) stearate	Emulsifier	Q1
E-432	Polyoxyethylene sorbitan monolaurate	Emulsifier	Q1
E-433	Polyoxyethylene sorbitan mono-oleate	Emulsifier	Q1
E-434	Polyoxyethylene sorbitan monopalmitate (polysorbate 40)	Emulsifier	Q1
E-435	Polyoxyethylene sorbitan monostearate (polysorbate 60)	Emulsifier	Q1
E-436	Polyoxyethylene sorbitan tristearate (polysorbate 65)	Emulsifier	Q1
E-442	Ammonium phosphatides	Emulsifier	Q1
E-445	Glycerol esters of wood rosins	Emulsifier	Q1
E-470a	Sodium, potassium and calcium salts of fatty acids	Emulsifier	Q1
E-470b	Magnesium salts of fatty acids	Emulsifier	Q1
E-471	Mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472a	Acetic acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472a	Acetic acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472b	Lactic acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472c	Citric acid esters of mono- and di-glycerides of	Emulsifier	Q1

	fatty acids		
E-472d	Tartaric acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472e	Mono and diacetyltartaric acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-472f	Mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids	Emulsifier	Q1
E-473	Sucrose esters of fatty acids	Emulsifier	Q1
E-474	Sucroglycerides	Emulsifier	Q1
E-475	Polyglycerol esters of fatty acids	Emulsifier	Q1
E-476	Polyglycerol polyricionleate	Emulsifier	Q1
E-477	Propane-1,2-diol esters of fatty acids	Emulsifier	Q1
E-479	Thermally oxidised soya bean oil interacted with mono- and diglycerides of fatty acids	Emulsifier	Q1
E-481	Sodium stearyl-2-lactylate	Emulsifier	Q1
E-482	Calcium stearyl-2-lactylate	Emulsifier	Q1
E-483	Stearyl tartrate	Emulsifier	Q1
E-491	Sorbitan monostearate	Emulsifier	Q1
E-492	Sorbitan tristearate	Emulsifier	Q1
E-493	Sorbitan monolaurate	Emulsifier	Q1
E-494	Sorbitan monooleate	Emulsifier	Q1
E-495	Sorbitan monopalmitate	Emulsifier	Q1
E-570	Fatty acids	Glazing Agent	Q1
E-620	Glutamic acid	Flavour Enhancer	Q2
E-621	Monosodium glutamate	Flavour Enhancer	Q2
E-622	Monopotassium glutamate	Flavour Enhancer	Q2
E-623	Calcium diglutamate	Flavour Enhancer	Q2
E-624	Monoammonium diglutamate	Flavour Enhancer	Q2
E-625	Magnesium diglutamate	Flavour Enhancer	Q2
E-640	Glycine and its sodium salt	Flavour Enhancer	Q2
E-920	L-Cysteine hydrochloride	Flavour Enhancer	Q2
E-951	Aspartame	Sweetener	Q2
E-1518	Glycerol triacetate (triacetin)-Propan-1,2-diol (propylene glycol)	Humectant	Q2

(Adapted from Islamic Food and Nutrition Council of North America List.) The above list only contains products that may be questionable, NOT the entire list of additives.