paints and roofing. Artificial colors have been linked to many health problems such as autism, ADHD and cancer.

4. Magnesium Stearate:
You probably are wondering what Magnesium Stearate is doing in your supplement? Well, Magnesium Stearate is used as a lubricant in vitamins to prevent pills and capsules from sticking into the machineries. Stearic acid is also used to stick the pill or capsules together. Both Magnesium Stearate and stearic acid have been linked to many health problems including lower immune system.

5. Titanium oxide:
Titanium oxide is widely used in vitamins as well as cosmetics as filler. Titanium oxide has been classified in list of carcinogens that can cause cancer, allergies, auto immune disorder and organ toxicity.

6. Carrageenan:
Carrageenan is another toxic filler found in many supplements and food products including milk chocolate, milk products, frozen dinner, soups, yogurt and ice cream. Carrageenan is driven from red seaweed and have been linked to cancer, gastrointestinal problems, inflammation and leaky gut.

7. Heavy metals like lead, fluoride and arsenic:
You will be surprised to know that many detox products, protein shakes, cosmetics, processed foods, conventional foods and supplements contain toxins and heavy metals. As a matter of fact, high levels of aluminum even exist in detox products (especially the products that offer magical results in a short period of time). Many herbs imported from China have also high levels of aluminum, lead and arsenic. Even green tea (not real ones) with so many health benefits are known to be contaminated with high levels of fluoride. As a matter of fact, many protein shakes and cosmetics are filled with heavy metals and toxins and you should know that arsenic is added on purpose to the diet of conventionally grown chickens to make the chickens meat look more appealing.

8. Acrylamides: