Safety Facts and Side Effects for Sodium Alginate

Crystal Bay™ Sodium Alginate, CAS# 9005-38-3, is a polysaccharide derived from brown ocean kelp through a process of chemical synthesis. It takes the form of an almost odorless, white granular or powder. As a food ingredient, sodium alginate is widely used as a thickener. It has the European food additive number of E401.

Sodium alginate is generally recognized as safe (GRAS) as designated by the FDA. It is a designation that a specific substance or ingredient is generally considered safe by experts, and so is exempted from the usual Federal Food, Drug, and Cosmetic Act (FFDCA) food additive tolerance requirements. Sodium alginate is perfectly safe for using as food additives.

FOOD SAFE INGREDIENT

As sodium alginate is widely known as safe, there is no limit on the amount consumed. However, it is always recommend that consumers consult with professionals before using a large quantity of sodium alginate for long period.

SAFE FOR CHILDREN, BABIES AND PREGNANT WOMEN

There is no evidence that sodium alginate could have any negative effect on infants, children, pregnant women and other vulnerable individuals. It is safe to use sodium alginate in food for infants and pregnant women. However, it is always recommend that consumers to consult with professionals before using a large quantity of sodium alginate for a long period of time in food for newborns or pregnant women.

NO SIDE EFFECTS REPORTED

There are no significant side effects reported with consuming of sodium alginate.

NO HEALTH ISSUE REPORTED

There are no health issues reported with the use of sodium alginate