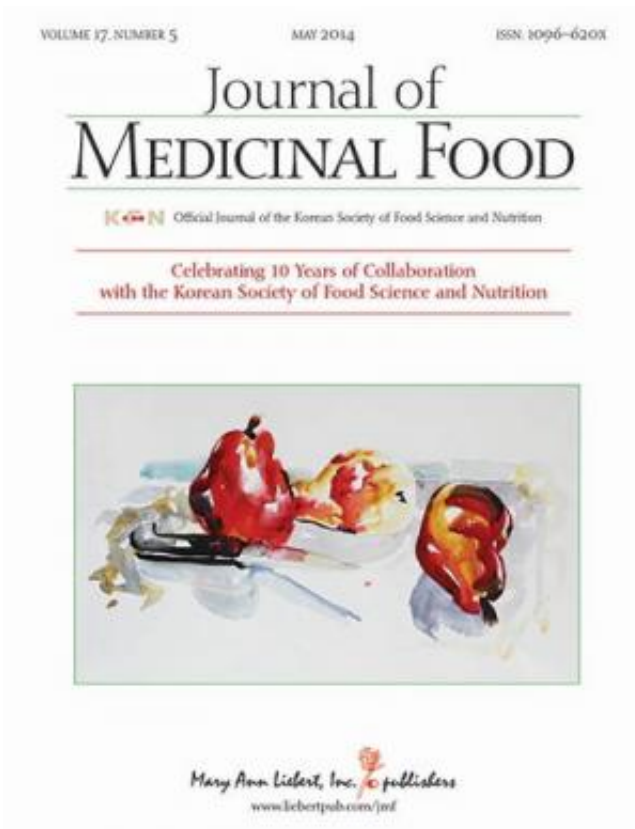


What what role does MSG play in obesity and fatty liver disease?

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The commonly used food additive monosodium glutamate (MSG) has been linked to obesity and disorders associated with the metabolic syndrome including progressive liver disease. A new study that identifies MSG as a critical factor in the initiation of obesity and shows that a

restrictive diet cannot counteract this effect but can slow the progression of related liver disease is published in *Journal of Medicinal Food*.

Makoto Fujimoto and a team of international researchers from Japan, the U.S., and Italy monitored the weight gain and development of nonalcoholic fatty [liver disease](#) and its progression to [nonalcoholic steatohepatitis](#) in MSG-treated mice fed either a calorie-restricted or regular diet. They report their findings in the article ["A Dietary Restriction Influences the Progression But Not the Initiation of MSG-Induced Nonalcoholic Steatohepatitis"](#).

"Although MSG has been deemed a safe food additive, its dosage, interaction with other drugs, effects on vulnerable populations, and effects on [chronic inflammatory diseases](#) and neurological diseases are unknown," says Co-Editor-in-Chief Sampath Parthasarathy, MBA, PhD, Florida Hospital Chair in Cardiovascular Sciences, University of Central Florida, Orlando, in the Editorial ["How Safe is Monosodium Glutamate? Exploring the Link to Obesity, Metabolic Disorders, and Inflammatory Disease"](#). The findings by Fujimoto et al. "may have far reaching implications, as [childhood obesity](#) is a major problem across the globe."

More information: The paper is available on the *Journal of Medicinal Food* [website](#)

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