

This Is What's REALLY In A McDonald's Hamburger

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Have you ever wondered what you are really eating when you sit down to a McDonald's hamburger?

The following video illustrates that you are getting more than what [McDonald's advertises](#) when you eat one of their hamburgers.

Aside from the enormous amounts of grease contained in a McDonald's hamburger, the advertised ingredients are no better for you.

According to McDonald's own [website](#), this is the list of ingredients for their popular McDouble, the sandwich that you see in the above video.

Regular Bun:

Ingredients: Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup and/or Sugar, Yeast, Soybean Oil and/or Canola Oil, Contains 2% or Less: Salt, Wheat Gluten, Calcium Sulfate, Calcium Carbonate, Ammonium Sulfate, Ammonium Chloride, Dough Conditioners (May Contain One or More of: Sodium Stearoyl Lactylate, DATEM, Ascorbic Acid, Azodicarbonamide, Mono and Diglycerides, Ethoxylated Monoglycerides, Monocalcium Phosphate, Enzymes, Guar Gum, Calcium Peroxide), Sorbic Acid (Preservative), Calcium Propionate and/or Sodium Propionate (Preservatives), Soy Lecithin.

This is a list of side effects caused by the ingredients of just the bun alone:

- [Ammonium sulfate](#) is a chemical byproduct of steel-making and synthetic fiber production. It was the most common source of lawn fertilizer nitrogen until price increases starting in 2004 reduced its availability.

- [Bleached White Flour](#): It has been shown that alloxan is a **byproduct of the flour bleaching process**, the process they use to make flour look so "clean" and — well, white. No, they are technically not **adding** alloxan to the flour — although you will read this bit of misinformation on the Internet. But, they are doing chemical treatments to the grain that result in the formation of alloxan in the flour. Alloxan, or $C_4H_2O_4N_2$, is a product of the decomposition of uric acid. It is a poison that is used to produce diabetes in healthy experimental animals (primarily rats and mice), so that researchers can

then study diabetes “treatments” in the lab. Alloxan causes diabetes because it spins up enormous amounts of free radicals in pancreatic beta cells, thus destroying them.

High Fructose Corn Syrup contains contaminants including *mercury* that are not regulated or measured by the FDA.

Sodium Stearoyl Lactylate: possible side effect is food intolerance.

Azodicarbonamide (Banned in the EU, Singapore, and Australia) is used in the food industry as a food additive, a flour bleaching agent and improving agent. Azodicarbonamide actually relaxes the dough so that when it is divided in large-scale bakeries under pressure, it still retains a good character. It has been known to cause allergic reactions in those sensitive to other azo compounds, such as food dyes. The consumption of azodicarbonamide may also heighten an allergic reaction to other ingredients in a food. The principal use of azodicarbonamide is in the production of foamed plastics as an additive.

In the UK, the Health and Safety Executive has identified azodicarbonamide as a respiratory sensitizer (a possible cause of asthma) and has determined that these products should be labeled with the words “may cause sensitization by inhalation.”

Guar Gum is banned by the FDA in large amounts due to reports of the substance swelling and obstructing the intestines and esophagus.

Sorbic Acid: According to the National Oceanic and Atmospheric Administration, the chemical is a strong irritant and—in large enough quantities—has the potential to cause severe damage to the tissues of the eyes, skin and respiratory tract.

PASTEURIZED PROCESS AMERICAN CHEESE

Ingredients: Milk, Cream, Water, Cheese Culture, Sodium Citrate, Contains 2% or Less of: Salt, Citric Acid, Sodium Phosphate, Sorbic Acid (Preservative), Lactic Acid, Acetic Acid, Enzymes, Sodium Pyrophosphate, Natural Flavor (Dairy Source), Color Added, Soy Lecithin (Added for Slice Separation).

KETCHUP

Ingredients: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Water, Salt, Natural Flavors (Plant Source).

PICKLE SLICES

Ingredients: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (Preservative), Natural Flavors (Plant Source), Polysorbate 80, Extractives of Turmeric (Color).

ONIONS

MUSTARD

Ingredients: Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice Extractive.

100% BEEF PATTY

Ingredients: 100% Pure USDA Inspected Beef; No Fillers, No Extenders. Prepared with Grill Seasoning (Salt, Black Pepper).

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