

Is MSG Bad for You?

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{youtube} [VJw8r_YWJ9k](https://youtu.be/VJw8r_YWJ9k) {/youtube}

Few ingredients come with as much baggage as MSG. Otherwise known as monosodium glutamate, the compound has had a bad reputation for nearly 50 years, so we at Reactions felt it was time to clear its name. In this video, we debunk MSG myths and explain why the scientific consensus is that this flavor enhancer, known for its savory umami flavor, is perfectly safe for the vast majority of people.

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