



## Bighorn Peak Nutrition & Strength Defining “Natural Flavors:”

### Natural Flavor:

- It is commonly found in foods and beverages.

Best choice: Stick to fresh or frozen whole foods.

What “natural flavor” can come from:

- Amyl acetate – banana flavor from distilled bananas.
- Citral – citrus flavor from lemongrass, lemon, orange, etc.
- Benzaldehyde – almond flavor from almonds/cinnamon oil.
- Castoreum – vanilla-like flavor from beaver anal gland secretions (rare, but yep... it's real).

Why to avoid “natural flavors”:

The term looks clean, but it's sneaky. Companies can mix a tiny bit of plant or animal material with a pile of extra additives and still slap “natural” on the label. Chemicals, preservatives, solvents, emulsifiers, flavor enhancers, colors, bugs, allergens, and even GMOs can be hiding in there. And they don't have to list them. If you've got allergies or dietary restrictions, it's a gamble.

Bottom line: You have no clue what's in it.