



Oxford University Hospitals
NHS Foundation Trust

Phosphate additives

Food manufacturers often use phosphate containing additives to help preserve and flavour food.

These additives are almost completely absorbed by the body so will increase your blood phosphate levels significantly for those with kidney disease.

Phosphate additives

All additives used in packaged food will be named in the ingredients list. Try to avoid the ones listed below.

E number	Phosphate additive name
E338	Phosphoric acid
E339	Sodium phosphate
E340	Potassium phosphate
E341	Calcium phosphate
E343	Magnesium phosphate
E450	Di-phosphates
E451	Tri-phosphates
E452	Poly-phosphates

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