



## *Shariah Status of E-Numbers Regarding Use in Sea Animals : An Analytical Study*

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### **ABSTRACT**

*Since ancient times, man has been gaining awareness of the benefits of meat and plants through observation and experience. In the books of Greek and Islamic medicines, there is mentioned some benefits of meat and other organs of animals as well as various herbs and the medicine made from them in the treatment of various diseases. E-numbers are prefixed with E but non-European countries only use numbers, whether those numbers are used in Europe or not. For example, Actic Acid is written as e-260 on products sold in Europe, while in some countries it is simply written as additive 260. Since 1987, Australia has had an approved system for labeling additives on packaged foods under which it is necessary to give the name or number of each food additive. The numbers are the same as in Europe but without E. the US Food and Drugs Administration has also prepared a list of these additives as a general endorsement of their safety. E-numbers are food additives. The E stands for European and means that these additives have been tested for safety and been assessed for use in the European Union; EU. Each E-number is assigned its own unique number making it easier for manufacturers to list which are included in foods. The objective of this research work is by reviewing halal, haram and suspicious E-Numbers in the light of shariah related to marine animals which are being used for food.*

**Keywords:** *Seafood, E-Numbers, Shariah Standards, Analysis, Functional Use*

### **Introduction:**

In the modern industrial age, a consistent knowledge of food has been discovered. In nutritional science, the characteristics, types, quantity, use and benefits of all the components of food are discussed. In this knowledge, research is also done on these components which are generally used to preserve the color and taste of food sold through packaging. These components are given numbers for convenience. So that it is easy to read, write and understand for the manufacturer and the user. These specific numbers are called E-Numbers. Each number is kept separate from the others to regulate the e-numbers for the purpose

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of users. Initially, these e-numbers were created by the European Community. At that time these numbers were used for all approved additives used in Europe. This numbering scheme is now adopted by Codex Alimentarius System as well. And it is also been extended to allow all e-numbers to be uniquely identified internationally.

The following methods of research have been considered in this research article: Qualitative and analytical research methods have been adopted. By reviewing the previous research work, this information has been revealed that there is some work on E-Numbers in these aspects which are as follows: Halal food production by Mian N. Riaz; Handbook of E-Codes by Punjab halal development agency; E-Numbers and their shariah status by halal foundation. After studying the following books, these points have come out that in all these works done on E-Numbers with a shariah status, there is a tendency to derive for each other's work, but rather to copy them. In all the previous works, the material that exists in the form of books has not mentioned the halal, haram and jurisprudential rules about the marine animals. In this article 32 E-Numbers have been discussed.

The data of e-numbers that have been revealed by modern research is from 330 to 443 and it is constantly increasing. The e-numbers obtained from different sources is listed below in a table.

**Table: 1**

Sr. No.	Name	Halal	Haram	Mashbooh	Total
i.	Food Standard Agency (UK) <sup>1</sup>	----	----	-----	332
ii.	South African National Halal Authority (SANHA) <sup>2</sup>	355	1	64	420
iii.	Muslim Consumer Group (MCG) <sup>3</sup>	328	5	110	443
iv.	Halal Food Production <sup>4</sup>	269	1	60	330
v.	Halal Foundation <sup>5</sup>	369	1	73	443
vi.	Punjab Halal Development Agency (PHDA) <sup>6</sup>	308	1	73	382

We will mention those e-numbers which marine animals are used to some extent via direct or indirect way. Here the names of those e-numbers their description and moreover their shariah status as well.

**1. E-101**

Additive/ Ingredient Name are **Riboflavin**<sup>7</sup>. Its alternative name is Lactoflavin, Vitamin B2, and Vitamin G <sup>8</sup>. Its category is Yellow and Orange. It is extracted from plants and animals. Animals includes sea animals also e.g Fish.<sup>9</sup> Shariah Status: It is Halal because it gained from plants.<sup>10</sup>

## **2. E-123**

Additive name is **Amaranth**<sup>11</sup>. Its alternative name is C.116185<sup>12</sup>; FD and C Red 2. Its category is Red. It is obtained from synthetic chemicals<sup>13</sup>. Its functional use is for prawns.<sup>14</sup> Shariah Status: It is Halal<sup>15</sup> because the chemical is halal as long as it is not harmful, addictive and hazardous.<sup>16</sup>

## **3. E-124**

Additive Name is **Ponceau 4R**<sup>17</sup>. Its alternative name is C.1 16255<sup>18</sup>. Its date of issuance is 28.9.2005<sup>19</sup>. Its category is red and health code is also red. It is obtained from synthetic chemicals. It is used to give an attractive look to the bakery products and sweets. Its use is harmful for children, cancer and allergy patients. Its use has been allowed in European countries<sup>20</sup>. Its functional use is for seafood dressing. Shariah Status: It is Halal<sup>21</sup> because the chemical is halal as long as it is not harmful, addictive and hazardous.<sup>22</sup>

## **4. E-150d**

Additive Name is **Sulphite Ammonia Caramel**<sup>23</sup>. Its date of issuance is 28.9.2005. Its category is brown and black. It is obtained from synthetic chemicals<sup>24</sup>. Its use has been allowed in European countries. Its sources are fish and shellfish spreads.<sup>25</sup> Shariah Status: It is Halal<sup>26</sup> because the chemical is halal as long as it is not harmful, addictive and hazardous.

## **5. E-151**

Additive name is **Black PN**<sup>27</sup>. Its alternative name is Brilliant Black PN; C.1. 28440. Its category is brown and black. Its health code is red++. It is obtained from synthetic chemicals. Its use is harmful for children because affected children may develop aggressive behavior. Its use is for selected items of food like fish paste, lump fish, nail polish and perfume based items<sup>28</sup>. Its use has been allowed in European countries. This information is issued by the health departments of the United States, France, the UK, Norway, Sweden, Russia and Italy. Shariah Status: It is Halal<sup>29</sup> because the chemical is halal as long as it is not harmful, addictive and hazardous.

## **6. E-154**

Additive name is **Brown FK**<sup>30</sup>. Its alternative name is Kipper Brown; Food Brown. Its health code is green and its category is red ++. It is used on various types of fish (kippers, smoked fish, cured fish) potato chips and on the topping of smoked meat. Its use causes stomach ailments, liver issues, and allergy as well as cancer disease while it is harmful for children's health. Its use has been allowed in European countries. It is obtained from many types of synthetic dyes.<sup>31</sup> Shariah Status: It is Halal because synthetic dyes are water soluble.<sup>32</sup>

**7. E-155**

Additive name is **Brown HT**<sup>33</sup>. Its alternative name is C.1.20285; Chocolate Brown HT. Its category is brown and black. Its health code is red++. It is obtained from many types of synthetic dyes. Its side effects include aggressiveness, asthma, liver damage and allergies. Its use has been allowed in European countries. Its functional use is for chocolate cake mix, chocolate biscuits, fish and other products.<sup>34</sup> Shariah Status: It is Halal.<sup>35</sup>

**8. E-160b**

Additive Name is **Annatto**. Its alternative name is Bixin, Norbixin; C.1. 75120; Orlean and Rocou. Its category is for coloring compound. Its health code is red. It is obtained from vegetable dye. Its uses are for butter, cooked items, low fat products, milk products and fish fingers also. Its use has been allowed in European countries. Its side effects include severe itching, lowering of BP, and irritability in children.<sup>36</sup> Shariah Status: It is Halal because the use of plants is permissible as long as they are not harmful, intoxicating and dangerous.<sup>37</sup>

**9. E-161g**

Additive name is **Canthaxanthin**. Its alternative name is Carotene-4,4'-dione, 4,4'-dioxo-carotene/C1 Food Orange. Its category is for coloring compound. Its use has been allowed in European countries. It is obtained from fungi, bacteria, feathers and various types of fish. It is used for Ice-creams, Biscuits, Pickles, Finger fish, bakery products and all kinds of river fish and edible fish.<sup>38</sup> Shariah Status: It is Halal while it is obtained from mushrooms, halal animal feathers, fish and bacteria that are grown on halal culture medium and is non-toxic, dangerous and harmful.<sup>39</sup>

**10. E-170**

Additive name is **Calcium Carbonate**. Its alternative name is Carbonic Acid Calcium Salt; Kulubrite. Its category is white and it is an inorganic, stabilizing and anti-bonding agent. Its health code is green. It is a common substance found in rocks and is the main component of shells of marine organisms, snails and pearls. It is safe to use in food and beverages. But its excess can cause stomach pain and constipation. Its use has been allowed in European countries. It is used for Ice-creams, Breads, bakery products, cosmetics and all kinds of vitamin tablets.<sup>40</sup> Shariah Status: It is Halal because minerals are all pure and halal, however, it is not permissible to use any solid substance in such quantity that it is harmful or intoxicating.<sup>41</sup>

**11. E-172**

Additive name is **Iron Oxides** and Iron Hydroxides. Its alternative name is C.1. 77492 yellow/ brown ; C. IS 77491 red; C.1. 77499 brown. It is inorganic. Its health code is yellow. Its use is addictive and its excessiveness is harmful to

health. Its use has been allowed in European countries. It is attained from minerals. It is used in making salmon and shrimp paste, meat paste, face powder and eye makeup.<sup>42</sup> Shariah Status: It is Halal because minerals are all pure and halal, however, it is not permissible to use any solid substance in such quantity that it is harmful or intoxicating.<sup>43</sup>

#### **12. E-181**

Additive name is **Tannin**. Its alternative name is Tannic Acid, Gallotannin and Gallotannin Acid. Its category is brown. It is used in beverages and bakery products. It is used for smoked fish also. It is obtained from nuts. Shariah Status: It is Halal because the use of plants is permissible as long as they are not addictive and harmful to health.<sup>44</sup>

#### **13. E-200**

Additive name is **Sorbic Acid**. Its alternative name is HexadieNoic Acid and Propenyl Acrylic Acid. Its health code is yellow. This category keeps food moist and preserves it. It is natural organic compound used as food preservatives. Its use has been allowed in European countries. It is used in wide range of products i.e. frozen pizza, shellfish, cheese cakes, fruit salads, chocolate syrups, cosmetics and medicines. It is obtained from fruits, mountain ash and it is obtained commercially by several synthetic methods. It is dangerous and causes asthma, allergies and stomach ailments.<sup>45</sup> Shariah Status: It is Halal because the use of plants is permissible as long as they are not addictive and harmful to health. It is also valid to obtain by artificial means, as long as no prohibited item is used during the acquisition.<sup>46</sup>

#### **14. E-201**

Additive name is **Sodium Sorbate**. It is used in yoghurt, fruits, salads, bakery items, lemonade and shellfish. Its use has been allowed in European countries. It is dangerous and causes stomach ailments. It is obtained from sorbic acid. Shariah Status: It is Halal because sorbic acid is also halal.<sup>47</sup>

#### **15. E-202**

Additive name is **Potassium Sorbate**. Its alternative name is Sorbic Acid Potassium Salt; BB Powder. Its health code is yellow and this category is used to preserve the products. It is hazardous and causes asthma, skin ailments, allergy and severe headache. It is obtained from sorbic acid. Its use has been allowed in European countries. It is used in bread, cheese, cooked items, chocolates, grapes vinegar, cosmetics and seafood dressings. Shariah Status: It is Halal because sorbic acid is also halal.<sup>48</sup>

#### **16. E-250**

Additive name is **Sodium Nitrite**. Its alternative name is Nitrous Acid Sodium salt; Erinitrit. Its health code is red and this category is used to preserve the

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products. Its use has been allowed in European countries. It is hazardous and causes stomach ailments, skin allergies severe headache and high blood pressure. Moreover, it is dangerous and causes dizziness, different kind of allergies and also hazardous to less than six month's children. It is synthetically obtained from sodium nitrite. It is used for packed food items, packed meat, kinds of sauces, cosmetics. It is also used to preserve fish and smoked fish. Shariah Status: It is Halal while during acquisition; no prohibited item has been used.<sup>49</sup>

**17. E-260**

Additive name is **Potassium Acetate**. Its health code is green. This category is used to preserve the products and helps to control acidity. Its use has been allowed in European countries. It is obtained from acetic acid. It is hazardous and causes headache and skin ailments. It is used for pickles, salad creams, cheese, fruit sauces and tinned sardines. Shariah Status: It is Halal because acetic acid is also halal.<sup>50</sup>

**18. E-270**

Additive name is **Lactic Acid**. Its alternative name is 2-HydroxypropaNoic acid; Racemic Lactic Acid. Its health code is green. This category is used to preserve the products and is anti-disruptive. Its use has been allowed in European countries. It is safe to use in food and beverages. It is obtained as a result of the action of bacteria on the starch present in fruits or seeds. It is used in infant food, jams, jellies, bakery products, tinned products, mackerel and sardines. Shariah Status: it is halal because its culture medium (fruits and seeds are the material used to grow the organisms) is halal.<sup>51</sup>

**19. E-319**

Additive name is **Tert-Butylhydroxyquinone**. Its alternative name is TBHQ. This process is anti-inflammatory. It is obtained from synthetic method. It is used in oils and fats. It is permitted for frozen fish and fish products. Its use is hazardous for infants. Shariah Status: It is Halal because while artificially obtained means are also lawful.<sup>52</sup>

**20. E-421**

Additive name is **Mannithol**. Its alternative name is Manna Sugar. Its health code is red. In this category it is added for food products as a sweetener. Its side effects include vomiting, nausea, seasonal allergies and stomach ailments. Its use has been allowed in European countries. It is derived from grass, myna ash tree, and grapes sugar and manna ash trees. It is used in low energy foods, jams, jellies, mustard, puddings and frozen fish. Shariah Status: it is halal because the use of plants is permissible as long as they are not harmful to health and addictive.<sup>53</sup>

**21. E-429**

Additive name is **Peptones**. The source of peptones is fish, meat, milk and vegetables. It works as thickener. It is excellent natural source of amino acids. Shariah Status: It is Mashbooh; Halal if it is obtained from plants or halal animals. It is haram if obtained from non halal sources.<sup>54</sup>

**22. E-432**

Additive name is **Tween 20**. Its alternative name is Polysorbate 20. It is used for ice creams, beverages and cosmetics. Its use has been allowed in European countries. Its source is various animal fats (cow, sheep, and pork), fish and various plant oils. Shariah status: It is Mashbooh because fatty acids are obtained from halal and haram sources.<sup>55</sup>

**23. E-441**

Additive name is **Gelatin**. Its alternative name is Gelfoam; Puragel. It is thickening and stabilizing. It is used in desserts, yogurt, cheese, butter, ice cream and cosmetics. It is obtained from animal skin (pig, cow), tendons, ligaments, fish and vegetables. Shariah Status: It is Mashbooh because of animals. If gelatin is obtained from plants, halal animal's skins and bones, then its Shariah status will be halal. If it is obtained from the skin, bones and dead animals of pigs, then its Shariah status will be prohibited.<sup>56</sup>

**24. E-620**

Additive name is **Glutamic Acid**. Its alternative name is Aminoglutaric Acid; 2-aminopentanedioic acid. Its health code is yellow. In this category it works as anti-inflammatory. Its use has been allowed in European countries. It causes asthma, headache, nausea and restlessness. All meats, dairy products, poultry and fish are excellent source of glutamic acid. It is used to flavor meat in food, to improve the taste of wine, and to treat epilepsy. Shariah Status: It is Halal because it is obtained from plant sources.<sup>57</sup>

**25. E-626**

Additive name is **Guanylic Acid**. Its alternative name is 5-Guanylic Acid. Its health code is green and, in this category, it is used to enhance the taste of products. Its use has been allowed in European countries. It is hazardous for children. It is used in canned foods, sauces and soups. It is often used in instant noodles, potato chips and snacks. It is obtained from dried fish, small marine fish and seaweeds. Shariah Status: It is Halal because Plants are halal and their use is permissible unless they are unhealthy and addictive. Similarly, fish is also halal.<sup>58</sup>

**26. E-627**

Additive name is **Sodium Guanylate**. Its alternative name is Guanosine 5-disodium phosphate. Its health code is green and in this category it is used to enhance the taste of products. Its use has been allowed in European countries. It

causes allergies, aggressiveness and also hazardous for children. It is used in the preparation of sauces powder, soy sauce, canned meat and soup. It is obtained from fish, dried fish, dried seaweeds and synthetically ways. Shariah Status: It is Halal because Plants are halal and their use is permissible unless they are unhealthy and addictive. Similarly, fish is also halal. And no Shariah-prohibited substance has been used while obtaining it artificially.<sup>59</sup>

**27. E-630**

Additive name is **Inosinic Acid**. Its alternative name is 5-Inosinic acid; muscle inosinic acid; IMP. Its health code is yellow. It is used in canned vegetables. Its use has been allowed in European countries. It causes kidney issues. It is obtained from animals, fish and pork Shariah Status: It is Mashbooh because of animals (not according to shariah). If it is obtained from haram animals, pigs and dead fish, then the Shariah status will be haram.<sup>60</sup>

**28. E-631**

Additive name is **Disodium Inosinate**. Its alternative name is Disodium salt. It is used as a flavor enhancer. It is mainly obtained from animals like fish and pigs. It is a food additive often found in instant noodles and variety <sup>61</sup>of snacks. Its use has been allowed in European countries. Shariah Status: It is Mashbooh because of animals (not slaughtering according to shariah). Haram if it is obtained from non halal animals.<sup>62</sup>

**29. E-632**

Additive name is **Dipotassium Inosinate**. Its alternative name is Potassium Inosinate. Its health code is green and is used as a flavor enhancer. According to Muslim Consumer Group its date of issuance is 14-06-2011. Its use has been allowed in European countries. It is safe to use in food and drink. It is used in low-salt products, meat soups and prepared meats. It is obtained from inosinic acid (which is found in meat and fish). Shariah Status: It is Mashbooh because of Inosinic Acid.<sup>63</sup>

**30. E-633**

Additive name is **Calcium Inosinate**. Its alternative name is Calcium 5-inosinate. Its health code is green and is used as a flavor enhancer. According to Muslim Consumer Group its date of issuance is 14-06-2011. Its use has been allowed in European countries. It is safe to use in food and drink. It is used in low-salt products, and meat soups. It is a natural acid which found in many animals and commercially it is obtained from meat and sardines fish also. Shariah Status: It is Mashbooh if it is obtained from halal animals so the Shariah status will be halal and if it is obtained from non halal animals or dead fish then it will be consider haram.<sup>64</sup>



### 31. E-640

Additive name is **Glycine & its Sodium Salt**. Its alternative name is Glycine; Glycoll; Aminoacetic Acid; Glycinate. Its health code is green and is used as a flavor enhancer. According to Muslim Consumer Group its date of issuance is 14-06-2011. Its use has been allowed in European countries. It is safe to use. It is used in nutritional supplements and cosmetics. It is obtained from gelatin and silk fibroin. Shariah Status: It is Mashbooh because the production of gelatin through halal and haram means.<sup>65</sup>

### 32. E-905

Additive name is **Mineral Oil**. Its alternative name is Liquid Paraffin; Liquid Petrolatum; Paraffin Oil. It is a food brightener. It is used in capsules, pills, bakery items, cosmetics, medicines, shoe polishes and lotions etc. it is still found in many candies including Swedish fish. It is obtained from petroleum. Shariah Status: It is Halal.<sup>66</sup>

**Table: 2**

Sr. No.	Code Number	Additive Name	Category	Health Code	Sources	Use	Status
1.	E-101	Riboflavin	Yellow & Orange	.....	Plants, fish & animals	.....	Halal
2.	E-123	Amaranth	Red	.....	Synthetic chemical	Prawns	Halal
3.	E-124	Ponceau 4R	Red	Red	Synthetic chemical	Seafood dressings	Halal
4.	E-150d	Sulphite Ammonia	Brown	.....	Fish & shell fish	.....	Halal
5.	E-151	Black PN	Brown & Black	Red++	.....	Fish paste, lump fish	Halal
6.	E-154	Brown FK	Red++	Green	Synthetic Dyes	Fish, topping of foods	Halal
7.	E-155	Brown HT	Brown & Black	Red++	Synthetic Dyes	Fish, chocolates	Halal
8.	E-160b	Annatto	Coloring Compound	Red	Vegetable Dye	Butter, finger fish	Halal
9.	E-161g	Canthaxanthin	Coloring Compound	.....	Fungi, Fish	Edible fish	Halal
10.	E-170	Calcium Carbonate	White	Green	Shells of marine organisms	Food, medicine, cosmetics	Halal
11.	E-172	Iron Oxides	Inorganic	Yellow	Minerals	Salmon & shrimp paste	Halal
12.	E-181	Tannin	Brown	.....	Nuts	Smoked fish	Halal
13.	E-200	Sorbic Acid	Preservative	Yellow	Fruits, mountain Ash	Shell fish, wide range of edibles	Halal
14.	E-201	Sodium Sorbate	.....	.....	Sorbic Acid	Bakery items, shellfish	Halal
15.	E-202	Potassium Sorbate	.....	Yellow	Sorbic Acid	Cosmetics & seafoods	Halal
16.	E-250	Sodium Nitrite	.....	Red	Sodium Nitrite	Preserve fish & smiked fish	Halal
17.	E-260	Potassium Acetate	.....	Green	Actic Acid	Tinned Sardines	Halal
18.	E-270	Lactic Acid	.....	Green	Fruits, Seeds	Tinned products, Mackerel	Halal
19.	E-319	Tert-Butylhydroxyquinone	.....	.....	Synthetic Method	Fish, fish products	Halal
20.	E-421	Mannithol	.....	Red	Grass, Ash	Frozen fish	Halal

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					Tree		
21.	E-429	Peptones	.....	.....	Fish	Thickener	Mashbooh
22.	E-432	Tween 20	.....	.....	Fish, plant oils		Mashbooh
23.	E-441	Gelatin	.....	.....	Animals skin, Fish	Desserts, Cosmetics	Mashbooh
24.	E-620	Glutamic Acid		Yellow	Poultry, fish	As a flavor	Halal
25.	E-626	Guanylic Acid		Green	Dried fish, Marine fish	Canned foods	Halal
26.	E-627	Sodium Guanylate		Green	Fish & dried fish	Preparation of sauces	Halal
27.	E-630	Inosinic Acid		Yellow	Animals & fish; dead fish	Canned vegetables	Mashbooh
28.	E-631	Disodium Inosinate	.....	.....	Animals & fish	Flavor enhancer	Mashbooh
29.	E-632	Dipotassium Inosinate	.....	Green	Meat & fish	Food & drinks	Mashbooh
30.	E-633	Calcium Inosinate	.....	Green	Sardine fish	Low salt products	Mashbooh
31.	E-640	Glycine	.....	Green	Fish, Gelatin	Cosmetics	Mashbooh
32.	E-905a	Mineral Oil	.....	.....	Swedish fish	Medicine	Halal

**Summary:**

E-numbers are food additives. The E stands for European and means that these additives have been tested for safety and been assessed for use in the European Union; EU. Each E-number is assigned its own unique number making it easier for manufacturers to list which are included in foods. E- Numbers are halal when they are obtained from plants, mineral sources, fish and other halal animals. E-Numbers derived from chemicals that do not contain alcohol will also be halal. There are also some e-numbers which have been declared suspicious by the Muslim Consumer Group or the Punjab Halal Development Agency the reason for which is that there is a difference in the status and sanctity of obtaining this e-number. Such e-numbers, whose source is questionable and traceable, will be called suspicious e-numbers. Haram e-numbers refer to those e-numbers which obtained from prohibited animals, insects and ethyl alcohol.

**Recommendations:**

- \* Regarding E-Numbers, the composition of ingredients added to medicines and cosmetics should also be reviewed.
- \* Halal products are now being used not in Islamic countries rather, their use in non-Islamic countries as well. Therefore, the halal supply chain system should be further integrated and managed in Muslim countries by considering the rule of Halal'an Tayyiba'an.



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