



SHARING THE STORY OF

The Science And Safety of Flavor Ingredients

Richard C. Pisano *President, Citrus and Allied*
Jr.



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This Presentation has been presented at the following Universities and Colleges

- University of Illinois
- Rutgers
- UMass
- Penn State
- Ohio State University
- Bucknell
- Cornell
- Delaware Valley College
- Texas A & M
- Chapman University
- Michigan State
- UNC – coming soon

In Addition

- Society of Flavor Chemists (2018)
- IFEAT Cartagena (2018)
- Long Island IFT
- Chicago IFT (November 2019)



OVERVIEW

1 AGENDA

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Agenda

1

Flavor Ingredients:

- What they are
- Why they are important
- Chemical structures
- Interaction with the human body

2

Flavor Safety

3

Interactive Kits:

Essential oils and aroma chemicals



2

KEYWORD GLOSSARY



A

Absolutes: *Alcoholic extractions of concretes to remove waxes, terpenes, sesquiterpenes and most odorless materials, and producing an alcoholic-soluble liquid or semi-liquid oil.*

B

Balsams: *Water insoluble, semi-solid or viscous, resinous exudates of trees and bushes, similar to gum resins, except that they are characterized by the presence of cinnamic or benzoic constituents (peru balsam, tolu balsam, styrax, benzoin).*

Botanical Extract: *An extract of a botanical substance manufactured with potable solvents such as Ethyl Alcohol, Propylene Glycol, and Water. They are somewhat dilute water-soluble and may contain all or part of the extracting solvent. Botanical extracts are divided into categories based on production methods. They include native extracts, solid extracts, fluid extracts, tinctures, hydroalcoholic extracts, and glycolic extract.*

C

Concretes: *Extractions of fresh natural plant materials, usually with non-polar organic solvents (hexane, benzene, etc.) which yield after removal of the solvent by vacuum distillation, fatty solid or semi-solid waxes.*

D

Distillation: *A physical technique for separation and purification of a liquid mixture based on differences in vapor pressure of components in the mixture. The process involves vaporization of the more volatile component(s) and then condensation of the vapor back to a liquid.*

E

Essence Oils: *These oils are collected in the water distillate during the production and concentration of fruit juices. They are then separated from the water and contain the highly volatile top notes of natural oils.*



Keyword Glossary

Essential Oils: *Volatile products obtained by distillation or expression from plant material of a single botanical form and species.*

Expression: *A production method used to obtain citrus oils and fruit juices. The expressed or cold pressed essential oils are obtained from the peels of the fruits. Expression yields essential oils which can contain a certain amount of non-volatile materials. Juices are produced by expression of fruit itself and then often concentrated.*

Extracts: *Extracts are generally, but not necessarily, concentrated forms of natural substances obtained by treating crude materials containing these substances with a solvent and then removing the solvent completely or partially from the preparations. Most commonly used extracts are fluid extracts (liquid extracts), solid extracts, powdered extracts (dry extracts), tinctures, and native extracts.*

Exudates: *Non-cellular, natural raw materials that are secreted by plants either spontaneously or after wounding.*

F

Fixatives: *Materials that slow down the rate of evaporation of the more volatile components in a perfume composition.*

Fluid-extracts: *Fluid extracts are also known as liquid extracts. The alcohol content varies with each product. Fluid extracts are either prepared from native extracts by adjusting to the prescribed strength with alcohol and water or by direct extraction of the botanicals with alcohol-water mixtures directed on official compendia. The latter usually produces more desirable products due to the fewer steps involved in processing.*

Folded-oils: *Essential oils that are concentrated by distillation.*

G

Gums: *Water soluble exudates consisting mostly of polysaccharides and used as thickeners or spray-dry carriers in the manufacture of water soluble fragrance and flavor compounds (gum arabic, agar), gums, and small amounts of volatile components (myrrh, galbanum, and oppopanax).*



Keyword Glossary

Gum-resins: *Water soluble exudates consisting mostly of resinous constituents, gums, and small amounts of volatile components (myrrh, galbanum, and oppopanax).*

I

Isolates: *Simple separation of an aroma chemical from an essential oil via distillation (mechanically) or hydrolysis (chemically). Eugenol ex clove leaf.*

N

Native-extracts: *In the commercial manufacturing of extracts, a botanical is first extracted with an appropriate solvent such as denatured alcohol, alcohol, methanol, water or mixtures of these solvents. The extract is then concentrated under reduced pressure at low temperatures until all solvent is removed. The viscous semi-solid concentrated extract at this state is called a native extract by some manufacturers. The native extracts are usually of high potency from which solid, fluid, and powdered extracts of various strengths can be prepared by diluting with suitable diluents. If the botanical has resins and volatile oils as its active principles and the solvent used is a fat solvent, the resulting native extract is equivalent to a prepared oleoresin.*

O

Oleoresins: *Extractions, usually of natural food or flavoring raw materials, using selected non-potable solvents such as Acetone Hexane or Ethylene Dichloride, to remove the vital components. An oleoresin will contain the essential oil plus other important nonvolatile components which enhance the flavor, act as fixatives, or contain other desirable properties.*

P

Powdered-extracts: *They are prepared from native extracts by diluting the native extracts to the specified strengths with appropriate diluents (lactose, dextrose, sucrose, starch, etc.) and/or anti-caking agents (calcium phosphate, magnesium carbonate, magnesium oxide, etc.) followed by drying usually under vacuum to yield dry solids. These are then ground into fine powders to form powdered extracts or into coarse granules to produce granular extracts.*

Rectification: *A second distillation of an essential oil to remove color, water, resinous matter, and perhaps unwanted top notes.*



Keyword Glossary

Resinoids: *Viscous solid or semi-solid material, prepared from exudates by extraction with a solvent. These products are similar to concretes except that the starting material is not previously live cellular tissue.*

Resins: *This group of exudates includes both gums and balsams. They are water insoluble, solid or semi-solid, and are formed in nature by the oxidation of terpenes.*

S

Sesquiterpeneless: *Essential oils that have had the mono and sesquiterpenic hydrocarbons partially or completely removed to:*

- *Improve solubility in diluted alcohol or food grade solvents;*
- *Improve odor and flavor of the essential oil;*
- *Lift the overall fragrance of flavor since sesquiterpenes have a fixative effect;*

Solid-extracts: *They are usually thin to thick, viscous liquids or semi-solids prepared from native extracts by adjusting the latter to the correct strength with suitable diluents (liquid glucose, corn syrup, glycerol, propylene glycol, etc.).*

T

Terpenes: *Fractions of essential oils consisting mainly of hydrocarbons, obtained as by-products from either concentration or distillation of the oils.*

Terpeneless: *Complete or partial removal of monoterpenic hydrocarbons in an essential oil to:*

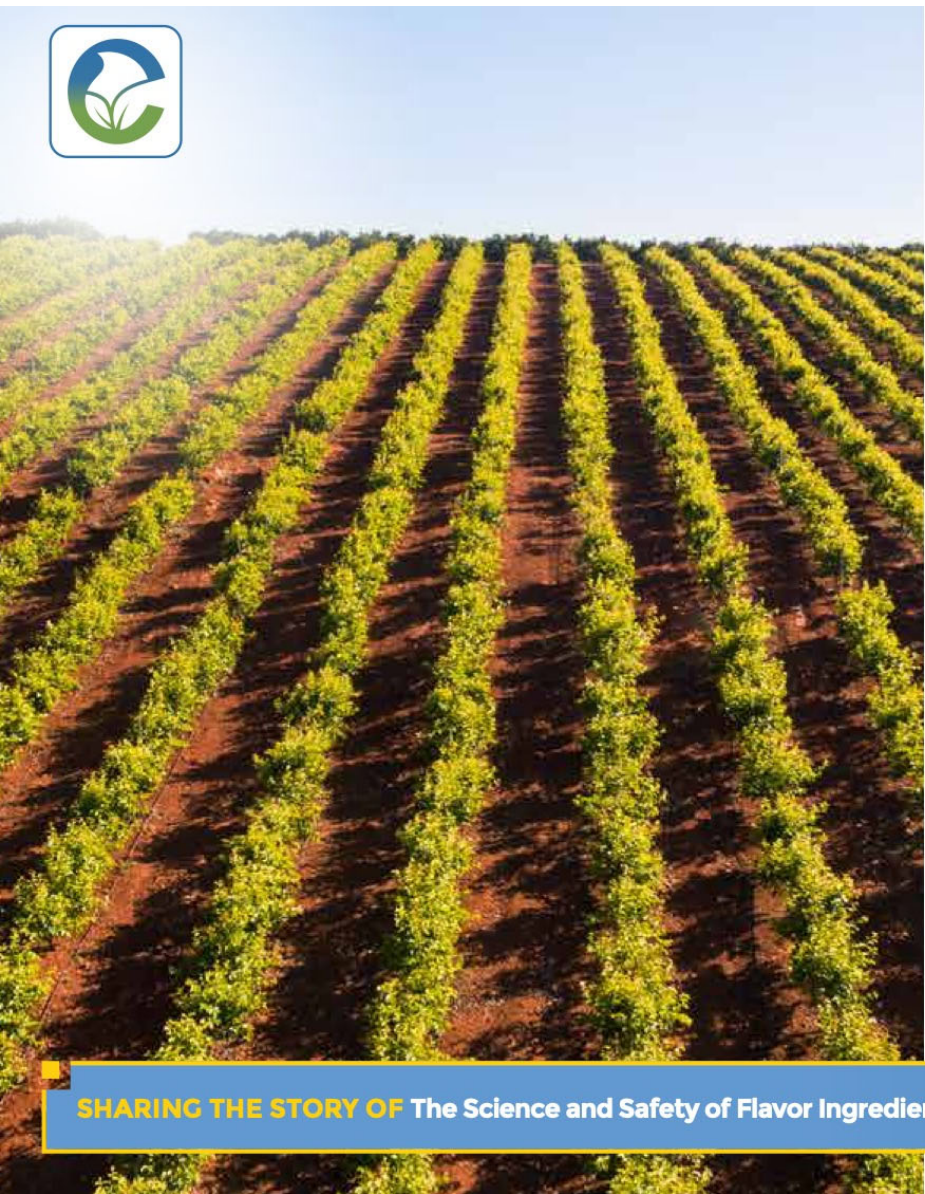
- *Improve solubility in diluted alcohol or food grade solvents;*
- *Increase stability of the oil and to prevent the appearance of rancid notes;*

Tinctures: *They are alcoholic or hydro-alcoholic solutions usually containing the active principles of botanicals in comparatively low concentrations. They are generally prepared either by maceration or percolation or by dilution of their corresponding fluid extracts or native extracts.*



3

HISTORY



Federal Food, Drug, & Cosmetic Act, 1938





The Food Additives Amendment Changed Everything

- This amendment required that food additives be demonstrated to be safe and FDA approved before going to market
- [4] The FDA defined “safe” as a reasonable certainty that a food additive will cause no harm in the opinion of competent scientists. It is not an absolute standard. A set of exempt additives was created including those that qualified scientists deemed Generally Recognized as Safe (GRAS) under conditions of intended use.

(See (21 U.S.C. Sec 321 (s) 1988 for details)



Original Criteria for GRAS Status

1. There must be general recognition of safety by qualified experts
2. The experts must be qualified by training and experience to evaluate the substance's safety
3. The experts must base their determination of safety on scientific procedures or on common use in food prior to 1958
4. The determination of general recognition for safety must take into account the conditions of intended use for the substance



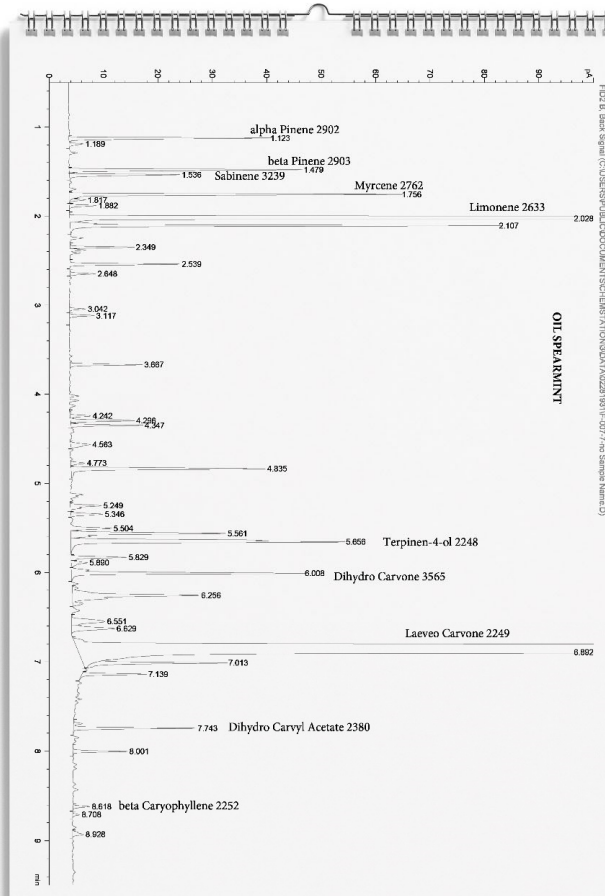
Paracelsus Residence



4

STEAM DISTILLATION PROCESS

Spearmint Oil



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Area Percent Report

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Dilution: 1.0000
Do not use Multiplier & Dilution Factor with ISTDs

Signal 1: FID1 A, Front Signal

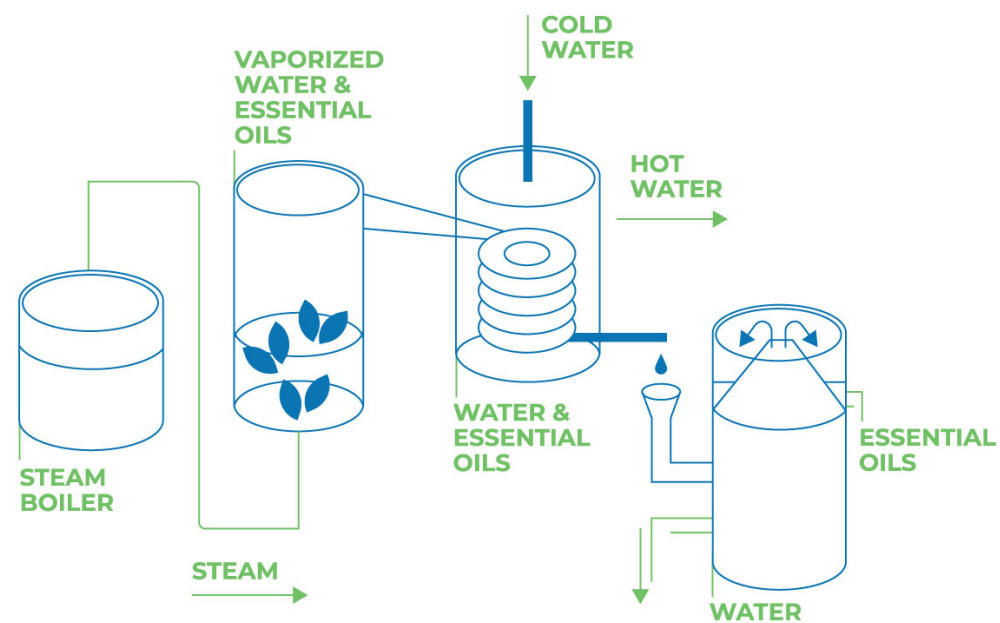
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2	1.189	VB E	0.0204	3.42652	2.56551	0.04893
3	1.479	BV	0.0189	51.56891	42.71414	0.73633
4	1.536	VB	0.0190	24.61838	20.26808	0.38152
5	1.756	BV R	0.0189	73.26389	60.69324	1.04610
6	1.817	VV E	0.0195	3.34448	2.65872	0.04775
7	1.882	VB	0.0210	6.49518	4.91139	0.09274
8	2.028	BV	0.0201	1146.16321	876.22345	16.36557
9	2.107	VB	0.0179	88.00203	78.36741	1.25654
10	2.349	BV	0.0176	12.81553	11.60378	0.18299
11	2.539	BB	0.0177	22.33629	20.16737	0.31893
12	2.648	BB	0.0186	5.54469	4.68136	0.07917
13	3.042	BB	0.0185	3.49861	2.97592	0.04996
14	3.117	BB	0.0188	5.44773	4.52794	0.07779
15	3.667	BB	0.0175	14.42764	13.22324	0.20601
16	4.242	BV	0.0217	5.22586	3.77596	0.07462
17	4.296	VV	0.0196	14.85602	11.70418	0.21212
18	4.347	VB	0.0178	14.68088	13.18233	0.20962
19	4.563	BB	0.0306	7.91565	3.58290	0.11302
20	4.773	BV E	0.0227	3.75719	2.56163	0.05365
21	4.835	VB R	0.0217	51.57607	35.62983	0.73643
22	5.249	BB	0.0270	10.40496	5.68464	0.14857
23	5.346	BB	0.0223	8.33385	5.80788	0.11900
24	5.504	BV	0.0259	12.49156	7.48356	0.17836
25	5.561	VV	0.0254	46.30579	28.42811	0.66118
26	5.656	VB	0.0275	100.93954	50.12072	1.44127
27	5.829	BV	0.0199	13.16637	10.15588	0.18800
28	5.890	VV E	0.0273	5.53628	2.97619	0.07905
29	6.008	VB R	0.0212	59.88619	42.48226	0.85509
30	6.256	BV R	0.0367	62.22186	23.26853	0.88844
31	6.551	BV	0.0471	17.98803	6.12032	0.25684
32	6.629	VB	0.0342	17.75464	7.91627	0.25351
33	6.892	BV R	0.0409	4944.92773	1565.33719	70.50650
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35	7.130	BB	0.0199	15.19265	11.75062	0.21693
36	7.743	VB R	0.0176	28.27919	22.43641	0.40379
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Steam Distillation Process

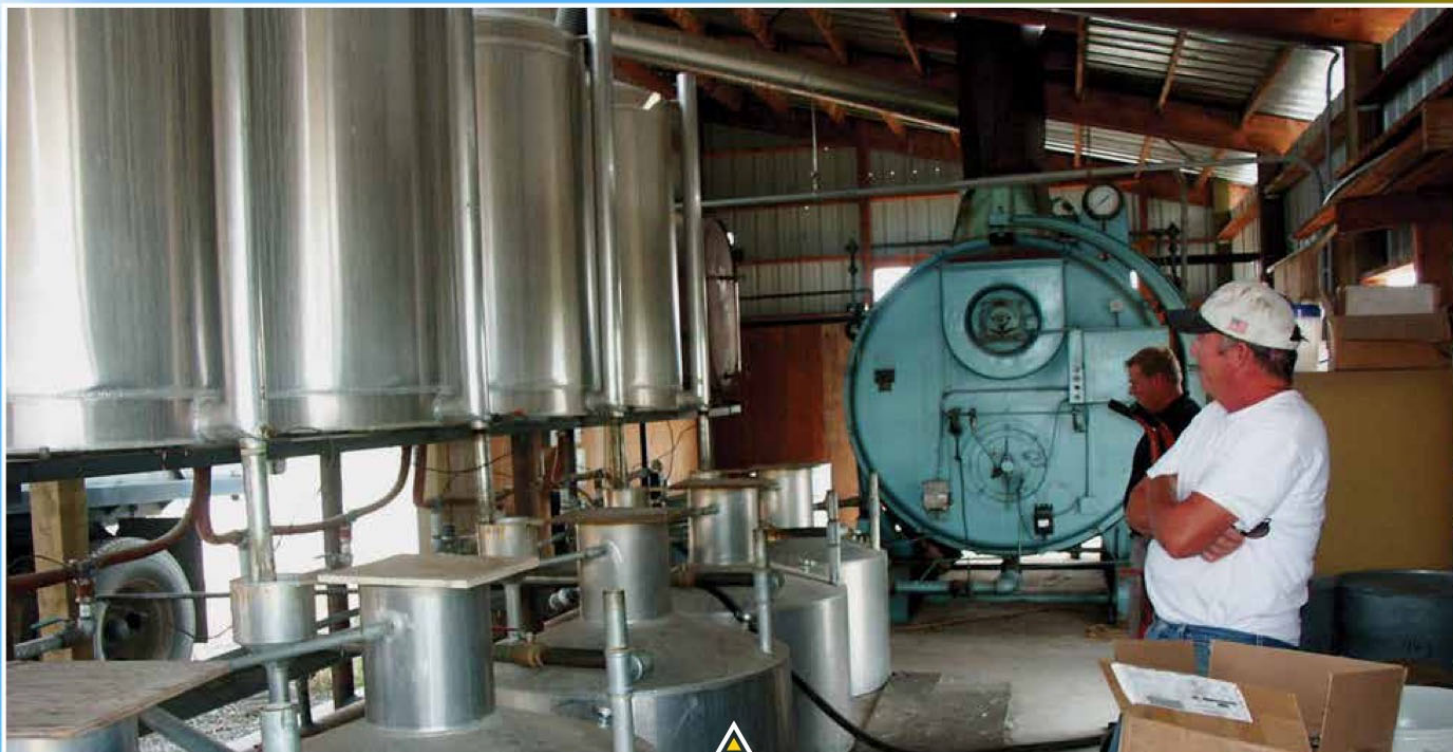




Peppermint Distillation Process



Peppermint Distillation Process



Peppermint Distillation Process



Peppermint Distillation Process

A background image showing a hand holding a ripe orange in front of a citrus tree with green leaves and other oranges hanging from the branches. The scene is brightly lit, suggesting sunlight filtering through the leaves.

5

GRAS EVALUATION



FEMA Independent Expert Panel





Criteria for Determining GRAS Status Ingredients

1. Exposure – to the substance in specific foods the total amount in the diet and the total poundage
2. Natural occurrence in food
3. Chemical identity – including purity, method of preparation and specific chemical structure
5. Metabolic and pharmacokinetic characteristics
6. Animal toxicity



The “Consumption Ratio” compares the quantity of a flavor ingredient consumed as a natural constituent of food with the quantity of the flavor ingredient consumed as an added flavor.

It essentially asks – is this flavor consumed in greater amounts from its source? Or from its presence in packaged foods?



Would You Eat This?

INGREDIENTS: WATER (75%), **SUGARS (12%)** (GLUCOSE (48%), FRUCTOSE (40%), SUCROSE (2%), MALTOSE (<1%), STARCH (5%), FIBRE E460 (3%), **AMINO ACIDS (<10%)**, (GLUTAMIC ACID (19%), ASPARTIC ACID (16%), HISTIDINE (11%), LEUCINE (7%), LYSINE (5%), PHENYLALANINE (4%), ARGININE (4%), VALINE (4%), ALANINE (4%), SERINE (4%), GLYCINE (3%), THREONINE (3%), ISOLEUCINE (3%), PROLINE (3%), TRYPTOPHAN (1%), CYSTINE (1%), TYROSINE (1%), METHIONINE (1%)), **FATTY ACIDS (1%)** (PALMITIC ACID (30%), OMEGA-6 FATTY ACID: LINOLEIC ACID (14%), OMEGA-3 FATTY ACID: LINOLENIC ACID (8%), OLEIC ACID (7%), PALMITOLEIC ACID (3%), STEARIC ACID (2%), LAURIC ACID (1%), MYRISTIC ACID (1%), CAPRIC ACID (<1%)), ASH (<1%), PHYTOSTEROLS, E515, OXALIC ACID, E300, E306 (TOCOPHEROL), PHYLLOQUINONE, THIAMIN, **COLOURS** (YELLOW-ORANGE E101 (RIBOFLAVIN), YELLOW-BROWN E160A), **FLAVOURS** (3-METHYLBUT-1-YL ETHANOATE, 2-METHYLBUTYL ETHANOATE, 2-METHYLPROPAN-1-OL, 3-METHYLBUTYL-1-OL, 2-HYDROXY-3-METHYLETHYL BUTANOATE, 3-METHYLBUTANAL, ETHYL HEXANOATE, ETHYL BUTANOATE, PENTYL ACETATE), 1510, NATURAL RIPENING AGENT (ETHENE GAS).

With Permission of James Kennedy



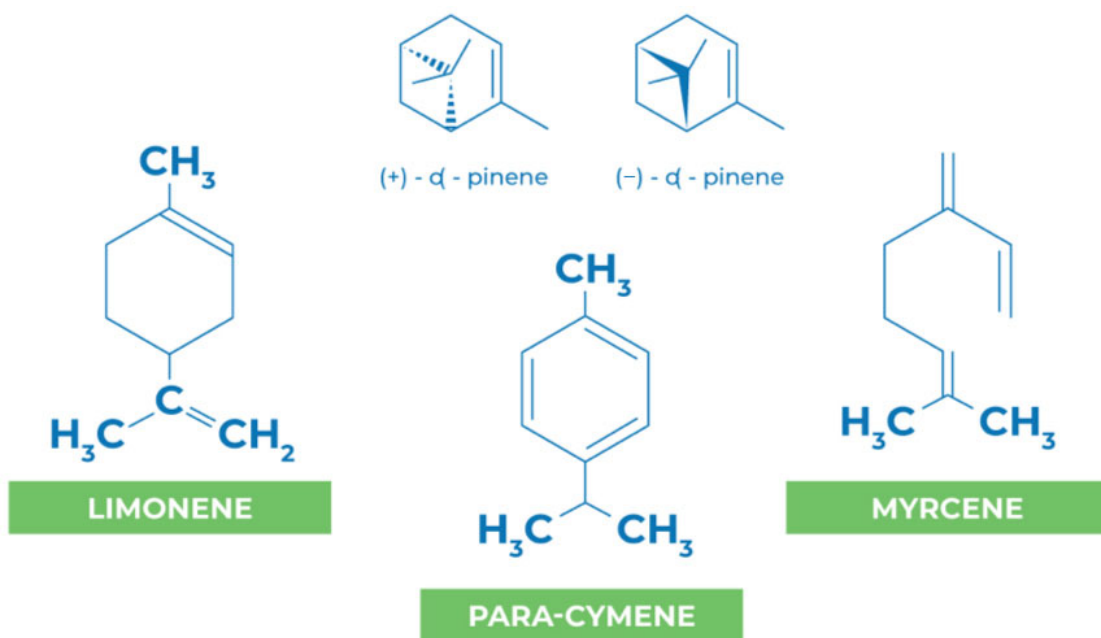
All Natural Banana



With Permission of James Kennedy

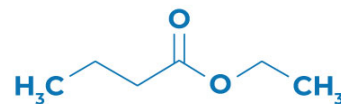


Terpene Hydrocarbons

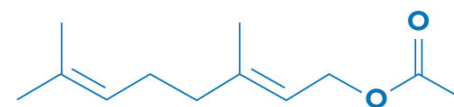




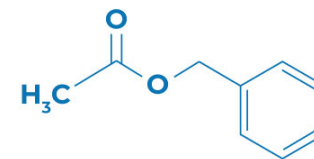
Esters



ETHYL BUTYRATE



GERANYL ACETATE



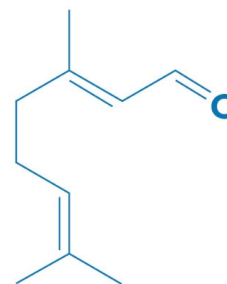
BENZYL ACETATE



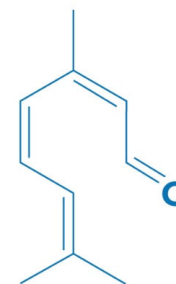
Aldehydes



DECANAL



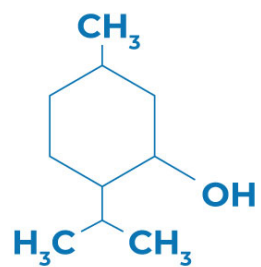
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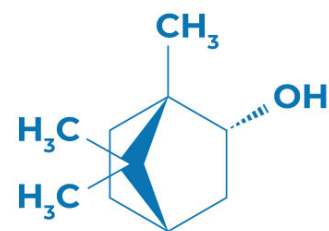
NERAL



Alcohols



MENTHOL

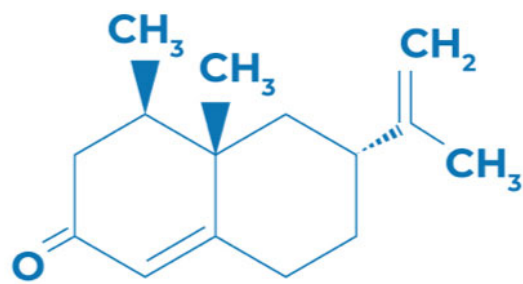


BORNEOL

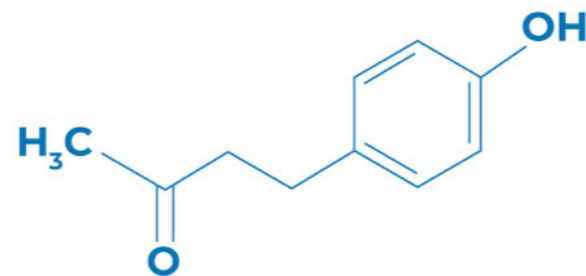




Ketones

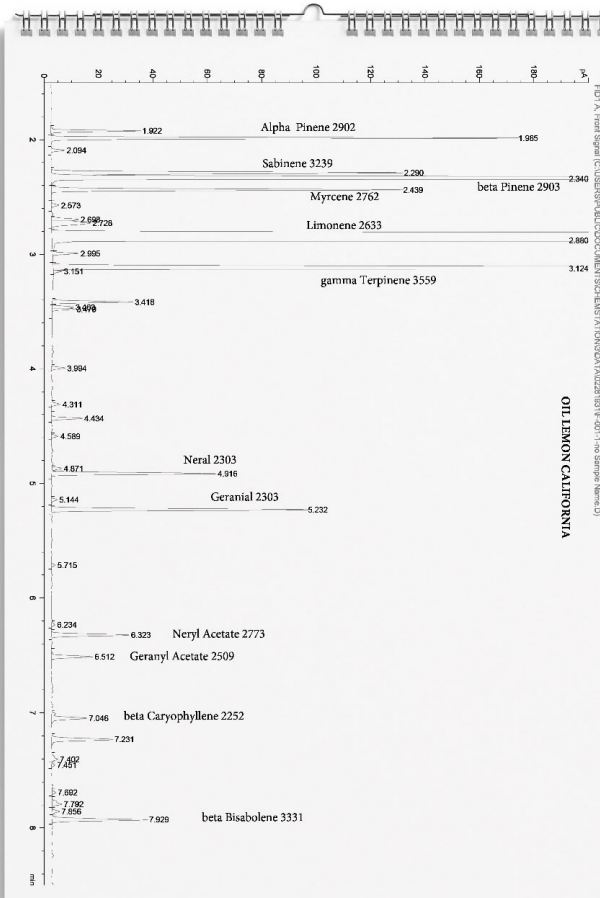


NOOTKETONE



RASPBERRY KETONE

Lemon Oil



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Area Percent Report

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Dilution: 1.0000
Do not use Multiplier & Dilution Factor with ISTDs

Signal 1: FID1 A, Front Signal

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6

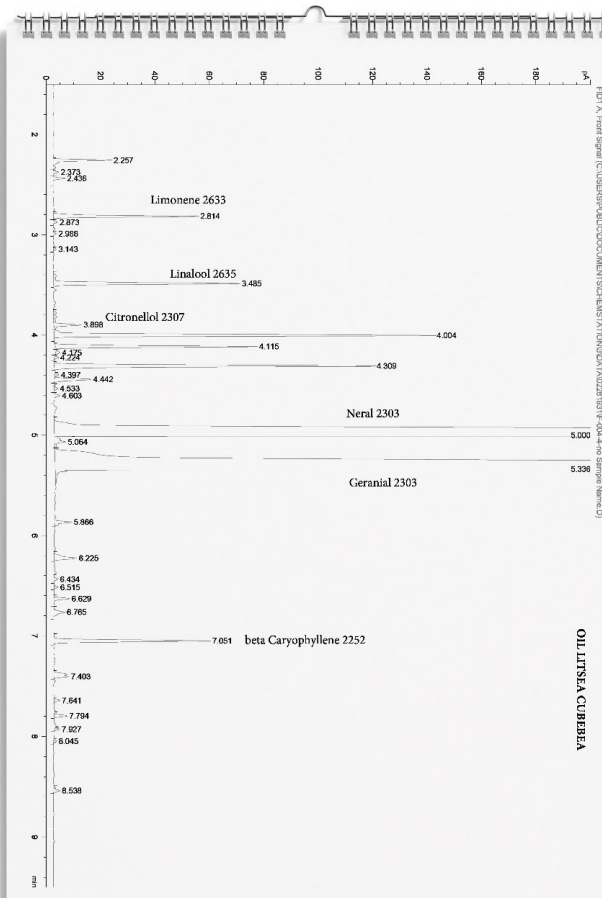
NATURAL VS. SYNTHETIC



“Natural” Definition 21 CFR 101.22 (3)

The term **Natural Flavor** or **Natural Flavoring** means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit, or fruit plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Natural flavors include the natural essence or extractive obtained from plants listed in 182.10, 182.20, 182.40, and 182.50 and part 184 of this chapter and the substances listed in 172.510 of this chapter.

Litsea Oil



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Area Percent Report

Sorted By: Signal
Multiplier: 1.0000
Dilution: 1.0000
Do not use Multiplier & Dilution Factor with ISTDs

Signal 1: FID1 A, Front Signal

Peak #	RetTime [min]	Type	Width [min]	Area [pA*s]	Height [pA]	Area %
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26	6.515	BB	0.0209	2.02410	1.54557	0.02668
27	6.629	BB	0.0212	8.09665	5.75375	0.10672
28	6.765	BB	0.0283	7.90295	4.07053	0.10417
29	7.051	BB	0.0217	79.13291	57.40941	1.04305
30	7.403	BB	0.0335	13.35877	5.42280	0.17608
31	7.641	BB	0.0213	2.85554	2.11880	0.03764
32	7.794	BB	0.0208	6.18102	4.73289	0.08147
33	7.927	BB	0.0180	1.89024	1.67303	0.02492
34	8.045	BB	0.0239	1.58389	1.05553	0.02088
35	8.538	BB	0.0247	3.61956	2.21286	0.04771
Totals				7586.68278	2544.32594	

GC #3 2/28/2019 9:14:48 AM SYSTEM

A person wearing a white lab coat and gloves is using a glass pipette to transfer a yellow liquid into a series of test tubes held in a white rack. In the foreground, a large glass beaker contains a clear liquid. The background is slightly blurred, showing more lab equipment and the person's hands.

7

MECHANICAL EXPRESSION PROCESSES



Cunculina

- Original apparatus for expressing citrus oils
- Tools are called Rasteddi





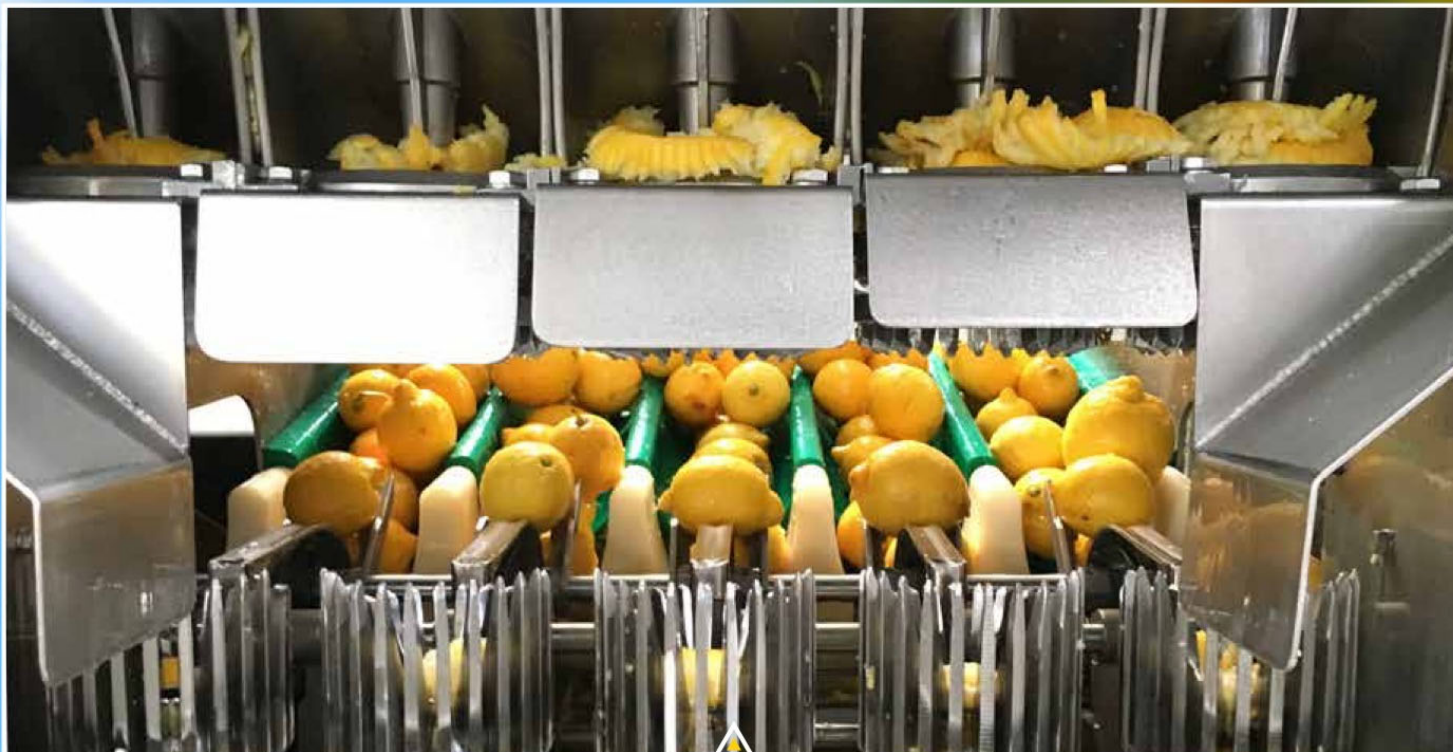
Lemons for Processing



Lemon Groves



Citrus Juice and Oil Extractor



Citrus Juice and Oil Extractor

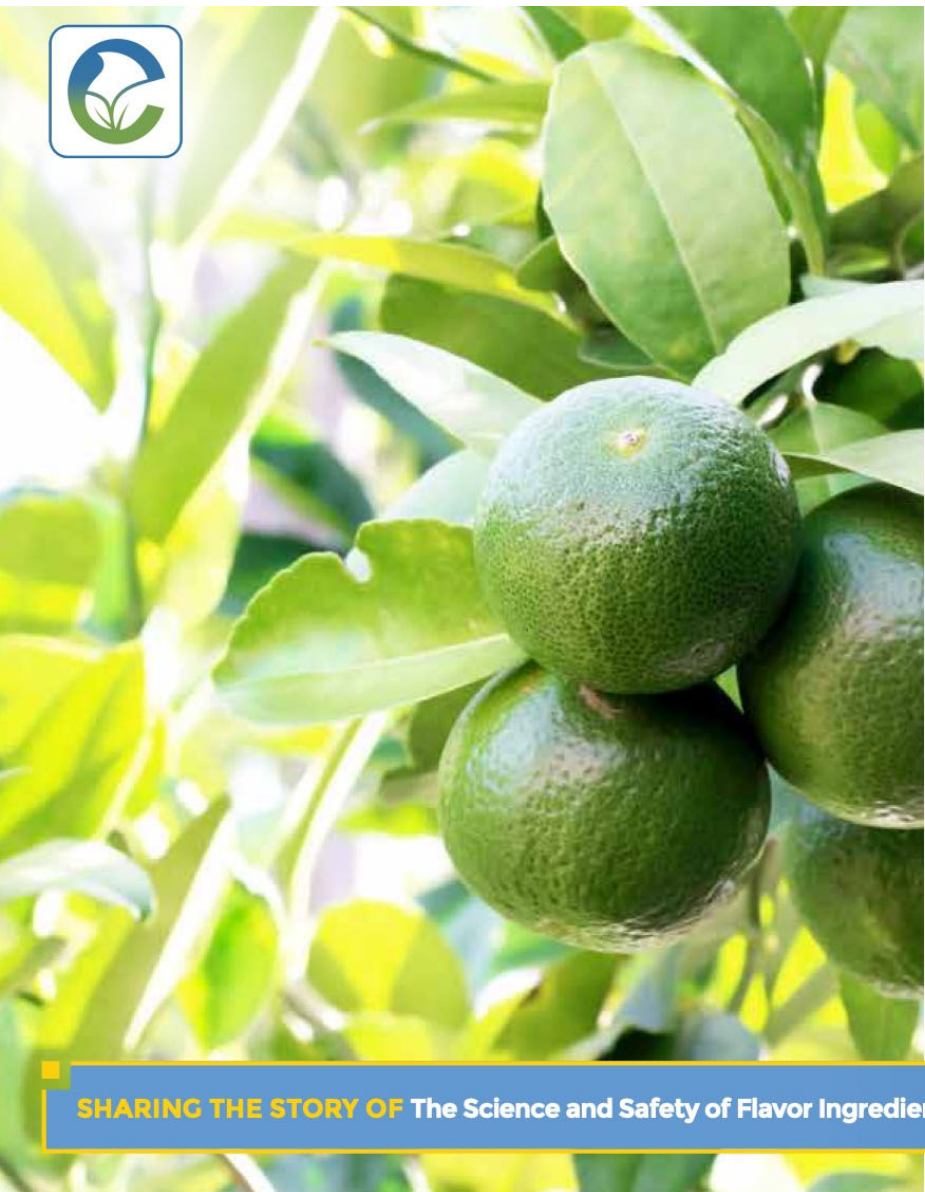


Citrus Peel After Extraction



6

NATURAL VS. SYNTHETIC



Fractional Distillation





In Japan, where the population is particularly well educated, there is no legal distinction in consumer product labeling between a food or beverage product that is flavored with natural ingredients and one flavored with synthetic ingredients.

The label simply indicates, “Flavored”.



Raspberry Prototype – Natural vs. Artificial

RASPBERRY – NATURAL SAMPLE A		RASPBERRY – ARTIFICIAL SAMPLE B	
% BY WEIGHT	INGREDIENTS		% BY WEIGHT
97.70	Ethyl Alcohol		97.70
1.00	Maltol		1.00
0.10	Propionic Acid		0.10
0.40	Ethyl Acetate		0.40
0.10	Ethyl Butyrate		0.10
0.30	Ethyl-2-Methyl-Butyrate		0.30
0.02	Isovaleric Acid		0.02
0.02	Benzaldehyde 10% ETOH		0.02
0.02	CIS-3-Hexenyl Acetate		0.02
0.30	Beta Ionone 10% in ETOH		0.30
0.04	Dimethyl Sulfide		0.04
TOTAL = 100%		Formula Creation by Peter Wasko	TOTAL = 100%

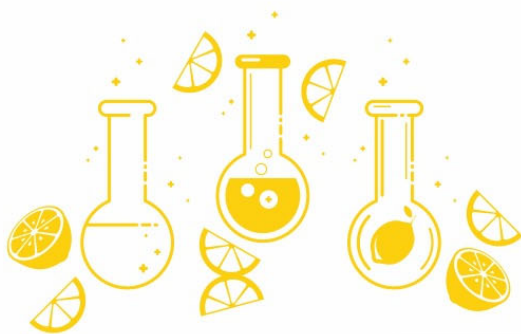


8

CLOSING REMARKS



Do you think that enjoying foods from different cultures fosters global understanding?



Want to have fun with chemistry?
Become a Flavor Chemist!



Thank You

Please Inquire by Emailing,
Rpisanojr@citrusandallied.com

Follow and Connect with us on LinkedIn at
Citrus and Allied Essences Ltd



Scan the QR Code
to download the paper,
[The History of the Safety
Evaluation of Flavor Ingredients](#),
from which this presentation
is derived

