

Synopsis for Dissertation Submitted



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Pharmaceutical Management

By

Sidharth Choudhary

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Title: A deep dive comprehensive study of Indian food products containing additive, preservative, flavour, colour, odour, diluent etc.

Introduction:

The vast collection of processed foods and beverages readily available in supermarkets today offer convenience and variety. However, these products often contain a multitude of additives, raising concerns about their safety for long-term consumption. Among these concerns, the potential link between certain food additives and cancer risk is a major point of focus for many consumers. This synopsis delves into the world of food additives, preservative, flavour, colour, odour, diluent, exploring the regulations governing their use, and examining the ongoing scientific debate surrounding their potential carcinogenicity.

Research questions:

Do certain food additives commonly found in popular Indian processed foods and beverages, while holding to FDA regulations, pose a potential long-term health risk, particularly carcinogenicity?

Objectives:

- Identify and categorize commonly used food additives in popular Indian processed foods and beverages.
- Evaluate the safety of identified additives based on FDA regulations (21 CFR Part 170).
- Analyse existing scientific research on the potential carcinogenicity of identified additives.
- Explore the potential association between consuming these additives within regulatory limits and cancer risk in the Indian population.

Hypothesis:

While FDA regulations aim to ensure the safety of food additives, some commonly used additives in popular Indian processed foods and beverages, even when adhering to these regulations, may pose a potential long-term health risk, particularly regarding carcinogenicity, due to factors like individual differences in metabolism, potential synergistic effects with other dietary components, or long-term cumulative exposure.

This hypothesis acknowledges the role of FDA regulations in ensuring safety but suggests that other factors beyond regulatory limits might contribute to potential health risks. It also acknowledges the complexity of the issue and the need for further research to understand the long-term effects in the Indian population.

Materials and Methods:

- **Data Collection:** Identify popular processed food and beverage categories in India (e.g., soft drinks, juices, health drinks, instant noodles, masalas).
- **Additive Analysis:** Compile a list of all identified food additives by FDA regulatory and access information on their safety regulations (21 CFR Part 170).
- **Scientific literature review:** analysing existing studies, focusing on the potential affect of the identified additives on human body.

Data analysis plan:

1. Categorise and identify food additives (preservative, colorants, sweeteners etc.) in processed food and beverages. Compare their usage level with the FDA'S food additive status list and

regulations in 21 CFR part 170. Analyse the scientific literature to identify the key findings in response to potential affect of these additives on human body.

Ethical considerations:

This provides a clear and accurate information on food additives and ethical concerns regarding the potential for misleading labelling or lack of transparency from food manufacturers. As well as discuss the responsibilities of regulatory bodies to ensure safety standards.

Implication of research:

This research will provide an information about the regulations on the use of certain additives as well as raise public awareness about the potential health risks associated with these additives.

Reference:

References will be cited in accordance with the literature reviewed and data collected from the official website of FDA regulations.