

**Emily Tarsell, LCPC**

---

---

2314 Benson Mill Road  
Sparks, Maryland 21152  
phone: 410 472 1466

March 03, 2026

**Support HB 1004  
Prohibited Ingredients in Food**

**House Health Committee**

Dear Chairwoman Bagnell, Vice Chair Cullison and Health Committee Members,

According to the Federal HHS, there are 10,000 ingredients allowed in foods in the U.S. which have not been tested for safety. They are classified as GRAS, meaning “Generally, recognized as Safe”. But to get that designation all the manufacturer has to do is say they are safe. No evidence is required. Only 400 of those 10,000 are allowed in other countries.

Banning the list of harmful ingredients in HB 1004 will help, albeit there is still a long way to go to make our food safe. Please give HB 1004 a favorable vote.

**Thank you.**

Sincerely,

Emily Tarsell  
[chriscare@live.com](mailto:chriscare@live.com)