

The Wasabi List

What is fake and what is true *Wasabia japonica*? This list will tell you about the ones we know about. Use this when buying to safeguard your families health. Beware of these (and more) fakes.

V1.3.4

Product Name	Contains Wasabi?		Contains Additives? Ingredients
Akebono Super Powdered Wasabi (Horseradish)	N	-	Y Horseradish, Mustard, Corn Flour, FD & C Blue #1 & Yellow #5
Amarikoushin syokuhin Wasabi Powder	N	-	Y Korean Horseradish, Mustard, Rice Powder, E102 (Tartrazine), E132 (Indigotine), L-Ascorbic Acid, Oleoresin Capisicum
Annie Chun's Roasted Wasabi Seaweed Snacks	N	-	Y
Aro JAPANESE Wasabi Powder	N	-	Y Seiyo wasabi (Horseradish) 78% Corn Starch 11.995% Mustard Powder 10%, INS133 (Brilliant Blue FCF), INS102 (Tartrazine).
Blue Dragon Premium Wasabi Paste	Y	Ingredients panel states 25%, but no indication what part of the plant is used. Japanese wasabi could also mean horseradish/mustard mix from Japan.	Y Humectant (sorbitol - E420), Japanese wasabi (25%), sunflower oil, water, horseradish (10%), salt, Mustard (contains mustard and sulphites) , acidity regulator (citric acid - E330), turmeric, color (Brilliant Blue FCF - E133).
C&A amarikosin Best Wasabi Powder	N	-	Y Korean Horseradish, Mustard, Rice Powder, E102 (Tartrazine), E132 (Indigotine), L-Ascorbic Acid, Oleoresin Capisicum
Chieftain Wild Rice Wasabi Powder	N		Y Horseradish, Mustard Powder, Citric Acid, Color FD&C Yellow #5 and FD&C Blue #1 Ascorbic Acid.
Chilli Wizards Wasabi Powder 100g	N	-	Y Contains Mustard
Chillies on the Web Wasabi Powder	?	Supposed to be but description does not make this clear.	Quote from their blurb: "powder mix is sold as Wasabi Powder with Japanese Green Horseradish and Horseradish Powder"

Product Name	Contains Wasabi?		Contains Additives?
			Ingredients
Clearspring Wasabi Powder	Y (10%)	Whole Plant (Small amount of rhizome only)	Y Horseradish, Wasabi (10%)
Deasang chungjungone WASABI Powder	N	-	Y
Denver Spice Japanese Wasabi Powder	N	-	Y
Eden Wasabi Powder	Y (~1%)	Whole Plant (Not known – could be leaf only for the colour)	Y Horseradish, Mustard, Wasabi
Great Eastern Sun Sushi Sonic Wasabi Powder	N	-	Y
Hime Powdered Sushi Wasabi (Tin)	N	-	Y Horseradish, Mustard flour, Corn Flour, Corn Starch, FD & C Blue No.1 & Yellow No.5
Hime Powdered Wasabi	N	-	Y Horseradish, Mustard flour, Corn Flour, Corn Starch, FD & C Blue No.1 & Yellow No.5
House Foods Wasabi Powder (Bulk)	N	-	Y horseradish, mustard, coloring (safflower yellow, gardenia), vitamin C
House for special Powder Wasabi	N	-	Y horseradish, mustard, coloring (safflower yellow, gardenia), vitamin C
Jansai Garden Japanese Horseradish Powder	N	-	Y Japanese Horseradish, Mustard, Corn Starch, FD & C Blue No.1 & Yellow No.5
Jansai Valley wasabi Powder	N	-	Y Japanese Horseradish, Mustard, Corn Starch, FD & C Blue No.1 & Yellow No.5
Kabuto Ready-Mix Wasabi	N	-	Y
Kaneku Premium Wasabi Ko - Japanese Horseradish Powder	N	-	Y
Kinjirushi Brand Hot & Spicy Grated Wasabi	N	-	Y
Kinjirushi Powdered Wasabi	N	-	Y

The Wasabi List

What is fake and what is true *Wasabia japonica*? This list will tell you about the ones we know about. Use this when buying to safeguard your families health. Beware of these (and more) fakes.

V1.3.4

Product Name	Contains Wasabi?		Contains Additives?
			Ingredients
Koh Kae Nori Wasabi Flavour Coated Crunchy Peanuts	N	-	Y Peanuts (50%), Wheat Flour, Glutinous Rice Flour, Corn Flour, Wasabi Flavour (6%) (contains: Sugar, Wasabi Flavour, Salt, Flavour Enhancers: E621, E627, E631, Tapioca Starch, Anti Caking Agent: E551, Palm Oil (contains Antioxidant: E306, Dextrose), Sugar, Salt, Nori (Seaweed) (1%), Raising Agent: E550, Sweetener: E950, Colours: E141
Lima Wasabi & Coriander Tamari 200ml	N	-	Y Tamari* (Soy*, Water, Sea salt, A.oryzae) (66.2%), Water, Tapioca* starch, Coriander* (1.8%), Wasabi powder (Horseradish, Wasabi) (1.4%)
Mc Garrett WASABI Powder	N	-	Y Horseradish 75 %, Mustard 24 %, Natural color added
Mcgarrett Wasabi Powder	N	-	Y
Momiji Wasabi Powder	N	-	Y
My Choice Wasabi Paste	N	-	Y
Namida 100% Pure <i>Wasabia japonica</i> Rhizome Powder	Y (100%)	Rhizome (100%)	N Non GMO Verified, DNA tested for purity.
Nago Wasabi Miso Dressing	N	-	Y Water, Miso Paste (Water, Rice, Soybeans, Salt, Alcohol), Rice Vinegar, Organic Agave Nectar, Dehydrated Wasabi (Horseradish/Wasabi, Mustard, Tapioca Starch), Dehydrated Onion, Olive Oil, Sesame Oil, Dehydrated Garlic, Spice.
Neri Wasabi (Wasabi Paste)	N	-	Y
Obun Wasabi Powder 100g	N	-	Y

Product Name	Contains Wasabi?		Contains Additives?
			Ingredients
Ocean Pacific Wasabi Powder	N	-	Y Horseradish, Mustard, Corn Starch, Ascorbic Acid (Vitamin C), FD & C Blue No.1 & Yellow No.5
Organic Wasabi Powder 300g /Thai	N	-	Y (horseradish, mustard, natural colouring)
Ottogi Wasabi Powder Ottugi Wasabi Powder	N	-	Y Korean Horseradish, Mustard, Rice Powder, E102(Tartrazine), E132(Indigotine), L-Ascorbic Acid, Oleoresin Capisicum
Red Bunny Farms Wasabi Powder	N	-	Y Horseradish Powder, Mustard Flour
Roland Wasabi Powder	N	-	Y Horseradish Powder, Mustard Powder, Sorbitol Powder, Yellow #5, Blue #1
Sawa 100% Pure <i>Wasabia japonica</i> Powder	Y	100% Pure Rhizome Freeze dried Powder	N Min 12000ppm Active ingredients
Sawasabi 100% Pure <i>Wasabia japonica</i> powder	Y	100% Pure Rhizome Freeze dried Powder	N Min 24000ppm Active ingredients
S&B - Wasabi in Plastic Tube (All Sizes)	N	-	Y Horseradish, Humectant : E420, Rice Bran Oil, Salt, Wasabia Japonica, Potato Starch, Water, Natural Flavour, Turmeric, Acid : E330, Thickener : E415, Colour : E133
S&B Wasabi Powder Bulk	N	-	Y Horseradish, Corn Flour, Mustard, Ascorbic Acid (Vitamin C), Artificial flavor, Artificial Coloring (FD&C Yellow No. 5, FD&C Blue No. 1)
S&B Wasabi Powder N-2 All Natural	Y	Less than 1%. All leaf to give colour	Y Horseradish, Mustard, Tapioca Starch, Wasabi
S&B Wasabi Powder P-1	N	-	Y Horseradish, Mustard, Japanese Wasabi, Citric Acid, Turmeric, Ascorbic Acid (Vitamin C), Artificial Color (FD&C Blue #1)

The Wasabi List

What is fake and what is true *Wasabia japonica*? This list will tell you about the ones we know about. Use this when buying to safeguard your families health. Beware of these (and more) fakes.

V1.3.4

Product Name	Contains Wasabi?		Contains Additives?
			Ingredients
S&B Wasabi Powder R-1	N	-	Y Horseradish, Mustard, Corn Starch, Ascorbic Acid (Vitamin C), Artificial Flavor, Artificial Color (FD&C Yellow #5, FD&C Blue #1)
S&B Wasabi Powder S-3	N	-	Y Horseradish, Corn Flour, Mustard, Ascorbic Acid (Vitamin C), Artificial Flavor, Artificial Color (FD&C Yellow #5, FD&C Blue#1)
S&B Wasabi Powder Tin	N	-	Y Horseradish, Corn Flour, Mustard, Ascorbic Acid (Vitamin C), Artificial flavor, Artificial Coloring (FD&C Yellow No. 5, FD&C Blue No. 1)
Seasoned Pioneers Wasabi Powder	N	-	Y
Shikai B32908 Beaver Wasabi Powder	N	-	Y
Specialty Brands Wasabi Powder	N	-	Y
Spice Islands Wasabi	N	-	Y
Spicely Organic Seasoning Wasabi Powder	N	-	Y organic horseradish powder, organic mustard powder, and organic spinach powder
Spicely Organic Wasabi Seasoning	N	-	Y
Spiceologist Premium Spices Wasabi Powder	N	-	Y Horseradish
Spices for less Wasabi Powder	N	-	Y
Stonewall Kitchen Wasabi Horseradish Cream	Y	Roots only (from Label) Quantity unknown	Y
Sushi Chef Wasabi (Powdered Green Horseradish)	N	-	Y
Sushi Maven	N		Y Horseradish, Mustard Powder, Citric Acid, Color FD&C Yellow #5 and FD&C Blue #1 Ascorbic Acid.
Sushi Sonic 100% Real Powdered Wasabi	Y	Whole Plant (Not known – could be leaf/petiole only)	N (Assumption only)

Valid at 7th June 2018. Subject to change as manufacturers realise people do not want poison or additives in their food.

Namida 100% Pure *Wasabia japonica* powder can be found at <https://wasabi.org/namida>

Product Name	Contains Wasabi?		Contains Additives?
			Ingredients
Sushi Sonic Wasabi Blend (51% Wasabi with Horseradish and Mustard)	Y	Whole Plant (51%) (Not known – could be leaf/petiole only)	Y Horseradish and Mustard
SweetGourmet Wasabi Peanuts	N	-	Y PEANUT, RICE CRACKERS POWDER, CORN POWDER, PALM OIL, WASABI (MUSTARD POWDER), SUGAR, SALT, ARTIFICIAL COLOR US FD&C YELLOW #5 AND BLUE #1.
The Wasabi Company	Y	20% Leaf only	Y Horseradish, Mustard, Leaf
TOM'S FARM Wasabi Taste Almond Nuts	N	-	Y Almond (Australia) 72.031%, starch syrup, sugar, Wasabi Taste Seasoning {Processed Salt(USA), corn powder, wasabi powder} Honey, corn oil, vegetable fat and oil, lecithin (emulsifier), herb extract,[containing milk, soybean, wheat, chicken, beef]
Trader Joe's Wasabi Flavored Almonds	N	-	Y
Waner Wasabi Powder	N	-	Y Horseradish, Mustard, Mustard Extract, Citric acid. Vitamin C (Ascorbic Acid), Artificial Coloring (FD&C Yellow No. 5, FD&C Blue No. 1).
Wasabi Kit Kat Bar	N	-	Y Cocoa Powder, Yeast, Cocoa Mass, Emulsifier, Baking Soda, Flavouring, Sugar, Vegetable Oil, Lactose, Flour, Powdered Whole Milk, Cocoa Butter, Matcha Paste, Matcha, Yeast Food, Wasabi Horseradish Extract.
Wasabi O Powder	y	1.00%	Y Horseradish 79 %, Mustard powder 10 %, Corn flour 9.9 %, Wasabi 1 %, Artificial color (E 133,E 102)

The Wasabi List

What is fake and what is true *Wasabia japonica*? This list will tell you about the ones we know about. Use this when buying to safeguard your families health. Beware of these (and more) fakes.

V1.3.4

Product Name	Contains Wasabi?		Contains Additives? Ingredients
Wasabi Powder by Roland	N	-	Y Horseradish Powder, Mustard Powder, Sorbitol Powder, Yellow #5, Blue #1
Wasabi Powder, Genuine, Pure (No manufacturers name)	Y	Whole Plant (100%) (Not known – could be leaf/petiole only)	N (Assumption only)
Whole Spice Wasabi Powder, Green	N	-	Y
Whole Spice Wasabi Powder, Green	N	-	Y
Woomtree Wasabi Powder	N	-	Y
Yutaka Wasabi Powder	Y	2% - probably leaf only	Y Horseradish, Mustard, Corn starch, Wasabia japonica (2%), Acidity regulator [E330], Antioxidant [E300], Colours [E100, E133]

Note: Additives include FDA Approved Carcinogenics (Colouring and Flavourings), Mustard (an allergen), Horseradish, Turmeric, Spirulina, Spinach, Chili, Tapioca Starch, Rice Starch, and Wheat Flour (Gluten allergen) Powders. There are likely to be other ingredients added which may or may not be on the label. Some of these can cause extreme allergic reactions and the label should be read carefully. The only safe products are those that have one ingredient – *Wasabia japonica*.

In terms of taste and health properties – Rhizome (swollen stem) is the best, Petiole (Leaf stalk) is less than 1/3 health value of the rhizome, and leaf is less than ¼ of the Petiole.

E- Numbers

E102 – Tartrazine [Colouring] [possible allergic reaction]

E132 – Indigotine; Indigo Carmine [Colouring]

E420 - Sorbitol (i) Sorbitol (ii) Sorbitol syrup [Emulsifier] [Sweetener] [Humectant - retaining or preserving moisture]

E330 - Citric acid [Antioxidant]

E133 - Brilliant Blue FCF [Colouring] [possible allergic reaction]

INS133 - Brilliant blue FCF – [Colouring] [possible allergic reaction] - same as E133 & FD&C#1
INS102 - Tartrazine [Colouring] [possible allergic reaction] – same as E102 & FD&C#5
FD&C#1 – Blue [Colouring] [possible allergic reaction] same as E133
FD&C#5 – Yellow [Colouring] [possible allergic reaction] same as E102
E141 - Copper complexes of chlorophyll and chlorophyllins (i) Copper complexes of chlorophylls
(ii) Copper complexes of chlorophyllins [Colouring]
E621 - Monosodium glutamate [Flavour enhancer]
E627 - Disodium guanylate [Flavour enhancer]
E631 - Disodium inosinate [Flavour enhancer] [possibly of animal origin]
E551 - Silicon dioxide (Silica) [Emulsifier] [Anti-caking agent]
E306 - Tocopherols [Antioxidant]
E550 - Sodium silicate [Anti-caking agent]
E950 - Acesulfame potassium [Acesulfame K [Sweetener]]
E415 - Xanthan gum [Thickener] [Stabiliser]
E300 - Ascorbic acid (Vitamin C) [Antioxidant]
E100 - Curcumin, turmeric [Colouring]