PROTECT YOUR CHILDREN FROM GENETICALLY MODIFIED FOODS

Why GMOs (genetically modified organisms) are dangerous and what you can do about it.

“Why would we approve the consumption of [GMOs] without prior clearance and study by independent investigators? I can only think that money is the reason.”
—Lawrence Plumlee, M.D., former Medical Science Advisor, EPA Office of Research and Development

FDA scientists repeatedly warned that genetically modified (GM) foods could cause serious health problems, but political appointees at the agency—under instructions from the White House—fast-tracked GMOs without required safety tests.

Since their introduction in the mid-1990s, there has been a sharp increase in childhood disorders—including those also suffered by lab animals fed GMOs.

Numerous doctors and medical organizations say, “Stop eating GMOs, and especially stop feeding them to children, who are most at risk.”

Don’t let the biotech companies use your family as guinea pigs. Find out the facts and start making healthier choices.

“Genetically engineered foods contain new proteins that children have not been previously exposed to. I believe this may be responsible in part for the profound increase in allergies and immune dysfunction that I am witnessing.”
—Michelle Perro, M.D., Pediatrics, one of America’s Top Physicians 5 consecutive years

What is a Genetically Modified Organism?

A GMO is the result of a laboratory process where genes from one species—including bacteria, viruses, insects, animals, or humans—are forced into the DNA of unrelated plants or animals. This process is fraught with dangerous side effects.

There are two main types of GMO crops. The herbicide tolerant varieties are engineered to withstand high doses of toxic weed killers. These toxins, which are linked to birth defects, cancer, and hormone disruption, end up inside our food.

Other plants, like corn, are designed to produce their own poisonous insecticide in every cell. The insecticide, called Bt-toxin, breaks open the stomach of certain insects to kill them. Recent evidence shows that Bt-toxin can also break the walls of human cells. Bt-toxin from GM corn was found in the blood of 93% of pregnant women and 80% of their unborn fetuses.

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Animal Research Indicates Human Risk

According to the physicians’ group, the American Academy of Environmental Medicine (AAEM), lab animals fed GMOs suffered from reproductive disorders, immune dysfunction, signs of premature aging, gastrointestinal problems, organ damage, and insulin and cholesterol issues.

Genetically Engineered Milk Hormone Linked to Cancer

Some dairies still inject genetically engineered bovine growth hormone (rbGH or rbST) into their cows. This controversial drug, which is banned in Canada, Europe, Australia, and Japan, and condemned by the American Public Health Association, produces high levels of the cancer-promoting hormone, IGF-1, in the milk.

Aspartame: Sweet Dangers

The sweetener aspartame (also known as Nutrisweet and Equal) is derived from genetically engineered organisms. Numerous studies and thousands of consumer complaints link it with disorders ranging from seizures to tumors.

“The AAEM asks physicians to educate their patients, the medical community, and the public to avoid GM foods when possible.”
American Academy of Environmental Medicine
“Swapping genes between organisms can produce unknown toxic effects and allergies that are most likely to affect children.”

Dr. Vyvyan Howard, Professor of Bio Imaging and Toxic Pathology, University of Ulster, Coleraine Co., Londonderry, Ireland

Children are More Vulnerable to the Dangers of GMOs

- Infants and young children are more sensitive to chemicals or toxins.
- Their immune systems and blood brain barriers are not fully developed.
- They eat more and metabolize their food at higher rates.
- Infants are three to four times more prone to food allergies, even tiny amounts.

GMOs are Also Found in Cereals

The following popular cereals had significant GMO contamination:

<table>
<thead>
<tr>
<th>Cereal Brand</th>
<th>GMO Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kix Corn Puffs</td>
<td>56% GM corn</td>
</tr>
<tr>
<td>Mother’s® Bumpers®</td>
<td>28% GM corn</td>
</tr>
<tr>
<td>Nutritious Living® Hi-Lo®</td>
<td>85% GM soy</td>
</tr>
<tr>
<td>Kashi Go Lean</td>
<td>100% GM soy</td>
</tr>
</tbody>
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*From Cornucopia Institute report

Learn to Avoid GMOs

There are nine GM food crops: corn, soy, canola (oil), cottonseed (oil), sugar from sugar beets, Hawaiian papaya, a small amount of zucchini and yellow crookneck squash, and alfalfa used for hay. Derivatives of these GMOs, such as vegetable oil, corn syrup, and soy lecithin, are found in more than 70% of supermarket foods. GMOs are also fed to animals that provide meat, milk, and eggs.

To avoid GMOs, you can avoid brands with the at-risk ingredients, purchase organic products, or look for non-GMO labels, especially the third party Non-GMO Project Verified seal. To make it easier, go to NonGMOShoppingGuide.com or download the free iPhone app ShopNoGMO, for a list of thousands of verified non-GMO products.

GMOs are not needed

In spite of hype by the biotech industry, experts and independent studies confirm that the current GMOs are not a viable way to feed the growing population, do not increase yields, do not reduce herbicide use, and have not been proven safe.

Please visit us at www.ResponsibleTechnology.org
- Subscribe to our free newsletter.
- Watch videos.
- Read more about GMOs.
- Join the Non-GMO Tipping Point Network to help get the word out with others in your area.

Let’s reclaim a non-GMO food supply.

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GMO Soy Percentage

- Similac Soy: 42%
- Enfamil ProSoybee: 49%
- Walmart Soy: 66%
- Gerber Good Start Soy: 48%