

Today, in the United States, by the simple act of feeding ourselves we unknowingly participate in the largest experiment ever conducted on human beings.

Before being added to our food supply in the 1990s, genetically engineered food (GE or GMO) had NO INDEPENDENT RESEARCH done on the long-term multi-generational effects on HUMAN BEINGS!

GMOs are not labeled, so no accurate health data has been, or can be, collected and analyzed. Learn how your family's health is at risk, and VOTE YES to label ingredients that are genetically engineered.

Sign up at [labelgmos.org](http://labelgmos.org) so we can stay in touch!



### TAKE A STAND!

- Look for and sign petitions to put the labeling initiative on the November 2012 California ballot
- Vote YES to label Genetically Engineered Food (GE or GMOs)

### WANT TO DO MORE?

- Spread the word in your company, school and church
- Email / Facebook your friends

### LEARN ONLINE HOW TO:

- Pledge to gather signatures
- Volunteer and/or Donate



[www.labelgmos.org](http://www.labelgmos.org)

Local volunteer contact info:

▶ **What is [labelgmos.org](http://labelgmos.org)?** We are volunteers, and we are your neighbors. Pamm Larry woke up January 20th, 2011, determined to take a stand, so she learned how to start a ballot initiative, and [www.labelgmos.org](http://www.labelgmos.org) was born. Now Californians are pulling together and becoming better informed about the mounting consequences of GMOs. The **CA Right to Know Genetically Engineered Food Act** needs 850,000 petition signatures to get on the November 2012 ballot. Through the initiative process we can declare our right to safe food.

## QUICK GLANCE:

Watch Robyn O'Brien's captivating 20 minute speech at [labelgmoss.org](http://labelgmoss.org) or [www.robynobrien.com](http://www.robynobrien.com)

"Robyn O'Brien inspires us in *THE UNHEALTHY TRUTH* with the information that she has learned about our food supply and offers practical and affordable steps to take to protect the health of our families." —**Dr. Oz**

## WORLD VIEW:

All 27 countries in the European Union, Japan, Australia, New Zealand and other countries (50 in all) require mandatory labeling of genetically modified foods (also known as GMOs) since no long-term studies were conducted to prove that they were safe.

## SHOPPING INFO:

**GM foods and ingredients to watch for:** Products and additives made from corn (except popcorn) and soy (including non-dairy formula and tofu); sugar made from sugar beets; canola and cottonseed oils; some squash & Hawaiian papaya; animals fed corn, soy or alfalfa. Additives such as vegetable protein (in veggie meats), lecithin, high fructose corn syrup, dextrose, maltodextrin are probably made from GM soy or corn.

**Avoiding GMOs:** Buy organic (use of GM seed is not allowed) or products labeled Non-GMO or listed on a Non-GMO Shopping Guide.

Learn more at: [www.responsibletechnology.org](http://www.responsibletechnology.org)

Why do more children have food allergies? From 1997 to 2007 reported food allergies increased 18%.

Source: <http://www.cdc.gov/nchs/data/databriefs/db10.htm>

The American Academy of Environmental Medicine position paper calls for a moratorium on GM foods and recommends that doctors prescribe a non-GM diet for their patients. "GM foods pose a serious health risk in the areas of toxicology, allergy and immune function, reproductive health, and metabolic, physiologic and genetic health."

Source: <http://www.aeonline.org/gmopost.html>

If GMOs "have not been proven dangerous," then why has the biotech industry spent over half a billion dollars since 1999 lobbying the US Congress to block labeling bills?

Source: <http://www.foodandwaterwatch.org> Issue Brief Nov 2010.

"Without labels, consumers will have no way to monitor whether they have eaten a product found to be worrisome. Further, public health...authorities will have no way to trace consumption and use of unlabeled products."

Source: <http://www.consumersunion.org/food/gmoscpi799.htm> Quote from letter to US State Dept as input to Cartagena Biosafety Protocol meeting 1999.

**MYTH: GMOs have been thoroughly tested and proven safe.**

**FACT:** The FDA doesn't require a single safety study even though the FDA's own scientists urged long-term safety studies, warning of unpredictable changes. Independent studies have shown that animals fed GM foods cause allergic reactions, organ disruption, accelerated aging, and other problems. FDA's head of food safety, a former biotech corporation attorney, dismisses safety concerns.

**MYTH: GMOs can be contained and coexist with non-GM crops.**

**FACT:** GMOs cross pollinate and their seeds travel. GMO contamination has caused economic losses for traditional non-GM farmers and organic farmers who are struggling to keep their crops pure. The inability to contain GM seed threatens the diversity and safety of food for both humans (and their pets!), and wildlife.

**MYTH: GE crops help farmers reduce pesticide use.**

**FACT:** GE crops have increased the use of pesticides in the U.S. by over 318 million pounds from 1996-2009. A sharp increase in Roundup use now finds it in our air, water and rain. Roundup is linked to sterility, birth defects, hormone problems and cancer. Farmers are abandoning fields infested with Roundup resistant super weeds as biotech companies prepare GE seeds tolerant of higher risk herbicides, like 2,4-D.

**MYTH: GMOs help feed the world's poor, starving people.**

**FACT:** GM crops are costly, requiring expensive herbicides as well as yearly patent fees which make seed-saving illegal. GMOs do not increase yields, improve nutrition, or withstand drought better than conventional crops. GM foods disrupt local economies and threaten heritage food varieties. In contrast, sustainable and organic methods used in developing countries result in 79% higher yields and greater local food resilience.

## LEARN MORE:

### Watch a Movie:

*The Future of Food*

(View at [futureoffood.com](http://futureoffood.com))

*The World According to Monsanto*

### Books:

Jeffrey Smith, *Genetic Roulette* and *Seeds of Deception*

Dr. Kenneth Bock, *Healing the New Childhood Epidemics: Autism, ADHD, Asthma and Allergies*

### Web sites:

[www.responsibletechnology.org](http://www.responsibletechnology.org)

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

[www.nongmoproject.org](http://www.nongmoproject.org)

[www.allergykids.com](http://www.allergykids.com)



A GMO (genetically modified organism) is an organism that has genes from another organism inserted into its DNA. The foreign genes are transferred, commonly from bacteria or fungi to plants or animals, by a laboratory genetic engineering (GE) process that does not happen through natural breeding.

