

By Jonathan V. Wright, M.D.

You've taken supplements for years. You're out of vitamins C and E. You go to your natural food store, but you can't find the kind you want on the shelf. You ask a clerk to find them for you. She says you can't get your vitamin E as mixed tocopherols (the best natural form) anymore, and asks if you like your vitamin C in the 100- or 200-milligram size. The 1,000-milligram size, you say. "Where have you been?" she asks. "Asleep since 2004? It's 2007 now! The types and sizes of vitamins you just asked for have been declared illegal by the Dispute Settlement Body of the World Trade Organization!"

"Wait!" you reply. "This is America! Our president says we're fighting for American freedom -- and you're telling me that the World Trade Organization can dictate what size vitamin C I can take, and forbid me from taking mixed tocopherols?" The sales clerk sighs, and reaches for a piece of paper. "It's a little complicated," she says. "A few years back, the European Commission passed the European Food Supplements Directive ... "(excerpted from Dr Mercola's page).....

Want to read more? Go to: http://www.mercola.com/2004/oct/13/vitamins_minerals.htm

Take action now (before Nov 1st) to help prevent this scenario:

Ask the U.S. Codex Delegation to protect DSHEA

Go here to send a form letter now:

<http://www.healthactioncenter.com/action/index.asp?step=2&item=21232>

(And stay tuned to CHF's Action Alert Page: <http://www.citizensforhealthcarefreedom.org/ActionAlert.htm>)

Let's write to Dr. Barbara Schneeman at the FDA now! Dr. Schneeman is one of our key U.S. representative work diligently to ensure that our nation's hard-won health freedoms, a good example of which is the Dietary (DSHEA), are not only protected here at home but inform every meeting and decision at Codex. Codex Alimentarius was originally created as the United Nations' attempt to establish international guidelines to "help government adoption of similar international standards of [...] purity for all foods" To many, this sounds like a good idea. purity would seem beneficial for the world in so many ways, right? Wrong! Not in the ways Codex is being codified as an international standard by the U.S. Codex Delegation and implemented in the U.S. (called "harmonization"), our health-enhancing dietary supplements could, in time, be dramatically restricted. Let's let Dr. Schneeman know we care. Scarbrough, and the entire U.S. Delegation won't let us down at the Codex conference tables in Bonn, Rome

www.citizens.org)

-----CODEX GENERAL INFO (from www.citizens.org)-----

The safety of vitamins and minerals as nutritional supplements, when used appropriately and as part of a responsible and integrated lifestyle approach to health, is well established. We should recall that the devastation of the world's food supply during World War II was the major impetus for the U.S. to introduce the recommended dietary allowances (RDAs) in 1941.

Little could we have predicted in 1941 that the RDAs would later help consumers identify nutrients (including B vitamins) that they want to consume in order to compensate for the nutritional strip-mining of the world's food supply by modern industrial processing methods.

But the RDAs were—and are—recommended levels for food producers, the food service sector,

supplement manufacturers and consumers to use to gauge the nutritional value or potential health-optimizing benefits of specific products—not mandated or legislated levels established to facilitate international trade, block U.S. products or potentially inhibit trading nations from competing with the putative health-enhancing benefits of pharmaceutical drugs.

The Codex Alimentarius (Latin for “Food Code”) Commission would do well to remember that its core mission is food purity. An early world leader with this vision, U.S. President Franklin D. Roosevelt, convened the U.N. Food and Agriculture Organization’s (FAO) founding conference, the U.N. Conference on Food and Agriculture, in Hot Springs, Virginia, in 1943.

The conference called on the new FAO organization to “help governments consider the formulation and adoption of similar international standards of [...] purity for all foods” and to “help governments consider the formulation and adoption of similar international standards to facilitate and protect the interchange of products between countries.”

FAO’s mandate, hence Codex’s mandate, was not to “dumb down” the potency—hence the health-optimizing benefits—of nutritional supplements throughout the world, but that is unfortunately where the Commission is headed right now in many respects.

Given the strong safety record of nutritional supplements, derived from a historically nutrient-dense world diet that has been 10,000 years in the making, upper safe levels should be implemented and regarded the same way as are the U.S. RDAs—as recommendations for consumers and as required information to be listed by manufacturers but not as mandated potency limits signed off by national governments and trade barriers that would block international consumer access to health-optimizing levels of vitamin and mineral compounds.

The overriding standards should be these: purity and truthfulness in labeling along the lines of USP/NF, NSF and international GMP standards. Products should state what they contain, contain what they state, the natural or synthetic sources from where they are derived and whether these sources are believed to be genetically engineered (GE or GMO) sources or not.

Consumers have the right, and therefore the responsibility, for what they purchase. National governments and Codex should focus or re-focus its efforts on truthful labeling and product purity.

These issues are certain to be actively debated when the delegates convene this fall for there are many elements within Codex who hold a very narrow view as to how supplements should be regulated. Although vitamins and minerals have been identified as food supplements in the Codex draft guidelines, many of the delegations represented at Codex currently have national standards that regulate supplements like drugs. This provides for an interesting dynamic because those in favor of higher limits for nutrients are clearly in the minority.

As a consequence, it of the utmost importance that consumers, supplement manufacturers and our chosen representatives work together to ensure that health freedoms are not lost to national interests that are totally out of sync with the safety and benefits of dietary supplements.

Once Codex standards and guidelines have been established, these regulations will be recognized worldwide and will be the accepted norm in ensuring fair trade practices and protecting consumer health. It is therefore incumbent upon us to voice our opposition to any guidelines (or “regulations”) that would restrict the availability of a wide array of health-enhancing and innovative supplements.

If you are concerned about preserving your health freedoms and are worried that international regulations could severely restrict your access to supplements, we encourage you to write to Dr. Barbara Schneeman and also to your elected officials. Tell them that you are opposed to any international regulations that would impact the status of supplements as regulated by the Dietary Supplement Health and Education Act of 1994 (DSHEA).

In the words of Thomas Jefferson, “The price of freedom is eternal vigilance.” We must always be on guard to ensure our health freedoms are not taken away.

By James Gormley and Jim Roza

-----See these other sites for more

info: <http://ahha.org/codex.htm> <http://www.iahf.com> <http://www.citizens.org/>