

# GMO Foods: 'Harvesting' Risk?



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Making a commitment to eating a healthy diet is a vital aspect of leading a healthy life. Beyond eating more fruits and vegetables, whole grains, and lean protein, however, there is the question of food safety. And the question of safety is at the center of the complex and controversial issue of GMO foods.



Sunrider Headquarters Botanical Garden



## WHAT ARE GMOS?

GMO stands for Genetically Modified Organisms, which are plants or animals that have been "genetically engineered" to contain genes from an entirely different plant, animal, virus, or bacteria. The most frequent use of the term GMO is in relation to the food that we eat, in that many crops and factory-made foods are created from genetically modified ingredients.



## PREVALENCE OF GMO FOODS

Since the 1990s, GMO foods have become increasingly prevalent in our food supply worldwide. It's estimated that more than 75% of all processed foods on U.S. supermarket shelves—including pizza, chips, cookies, ice cream, salad dressing, corn syrup, and baking powder—contain ingredients from engineered food sources. The most common crops that are genetically modified are soy, corn, cottonseed, and canola.



## WHY ARE GMO FOODS PRODUCED?

GMO foods are developed and marketed because there's a perceived advantage either to the producer or consumer of these foods. This is meant to translate into a product with a lower price or greater benefit (in terms of durability or nutritional value) or both.

Manufacturers advocate that genetically modified crops can be bred to resist disease or damage from chemicals, thus making harvests more stable with higher yield.



Most genetically engineered crops grown today are bred to be resistant to herbicides and pesticides so they can withstand the rigors of weed killer without being killed.



## POTENTIAL RISKS

Many think the biggest threat posed by genetically modified food is the potential to cause harmful effects on the human body. The long-term effects of introducing genetically engineered organisms into the food chain and the environment are unknown and unpredictable, as they've undergone little rigorous and no long-term safety testing.

Many critics believe GMOs cause resistance to antibiotics, thereby weakening immunity to diseases, and that they may lead to the emergence of new food toxins, or to the onset of

allergies in people who previously didn't suffer from them.

Documents made public from a lawsuit revealed that scientists from the Food and Drug Administration (FDA), an agency of the United States Department of Health and Human Services, were uniformly concerned that GMO foods could lead to hard-to-detect allergies, toxins, new diseases, and nutritional problems.



## SUNRIDER'S APPROACH

The GMO approach to food production is in direct contrast to Sunrider's approach. Sunrider has always been committed to creating products the natural way; the herbs it uses are grown in the wild from non-GMO seeds. Guided by Drs. Tei-Fu & Oi-Lin Chen, Sunrider creates products literally from the ground up, from involvement in farming, to research & development and self-manufacturing—the company oversees every step of the way to ensure safety and quality.



## "NATURE IS THE BEST FARMER"

Sunrider's foods, beverages, and supplements are made with only the finest concentrated whole food ingredients. Rather than artificially produced versions of isolated vitamins and minerals, Sunrider formulas are made from naturally occurring plant sources. Sunrider uses many exotic herbs and plants that grow in the wild in their natural environment, as Dr. Chen believes that "nature is the best farmer."



## SUNRIDER SAFETY

Sunrider ensures that the herbal ingredients used in its products are grown in the right soil, the right climate, and under the right conditions for maximum safety and nutrition.



## HIGHEST STANDARDS

Since its beginning in 1982, Sunrider has met and exceeded the most rigorous standards of cleanliness, food safety, ingredient quality, and manufacturing integrity. No artificial preservatives are used in our food products, which is highly unusual in the food industry because it is difficult to mass produce foods without artificial preservatives. Beyond any doubt, Sunrider® products are "Simply the Best™" for you and your family. 