

Are GMO's taking over the supplement industry?
The sad answer is Yes -nothing seems to be safe from these invaders:(

There are many risks associated with GMOs, one being cancer, but for me I keep them out of my home because I have no interest in feeding myself and family experimental foods, pesticides or things that can damage digestion and intestinal lining.



I use to be able to buy my supplements without being concerned about GMO's being a part of them. This is "Not" the case anymore. Have you seen these on your labels, thinking them harmless? Maltodextrin, Dextrose, natural and artificial flavors, and Soy Lecithin -unless the ingredients list specifically states "organic soy lecithin," the lecithin was processed from hexane-extracted soybeans. All these can be GMO's. There is no good reason for these to be in our foods, let along our supplements.

They can also be blatant and not even try to high them in your supplements such as labeling aspartic acid, Vitamin C from corn, Citric Acid, Sodium Citrate, Aspartame the diet sweetener linked to MS, is a product of genetic engineering, Ascorbic Acid, Sodium Ascorbate, and Tapioca starch derived from genetically modified manioc as natural. If your supplements do not say corn, wheat, soy, dairy or sugar free, they can contain GMO's.

GMOs can be hidden in the other ingredients such as: corn flour and potato starch, lecithin, natural caramel color, Sodium benzoate linked to cancer, Fructose, dextrose, natural Orange flavor, xylitol, Dimethicone, High Fructose Corn Syrup (HFCS), Hydrolyzed Vegetable Protein (HVP), Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate (MSG), Sucrose, Canola, Textured Vegetable Protein (TVP), Xanthan Gum, Yeast, Corn and Soy Products. Over 94% of soy in the United States is GMO.

What you can do?-Start informing your good friends and family. Refuse to buy certain brands that contain GMO's. Next, find a GMO free alternative supplement. If you can't find a verified alternative, look for a certified organic option.

Remember "Natural Products" are just as likely to be GMO as conventional products. Even natural products purchased at the health food store may contain GMOs.

<http://beforeitsnews.com/health/2013/03/warning-major-supplements-openly-contain-gmo-vitamin-sources-2473612.html>

Disclaimer:

Damage to your intestinal lining may cause numerous symptoms and should always be evaluated by a health care professional, who can order various tests that may provide an accurate diagnosis of your condition. Your doctor also can counsel you on the most appropriate and effective methods of care.

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