

### CODEX GENERAL INFO

By James Gormley and Jim Roza

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  
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### SUPPLEMENTS IN THE TWILIGHT ZONE

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 ...

You feel your blood pressure rising. "What does the European Commission and its directive have to do with me? If Europeans want bureaucrats to tell them what to do, that's their business. I'm a free citizen of these United States!"

"Now, now, dear, your blood pressure will go up, and you can't get calcium citrate, magnesium aspartate, CoQ10 or L-arginine or anything else natural to help regulate it anymore."

"What? This goes beyond the FDA's wildest dreams!"

"So what can I buy?" you ask.

"Let's see... those 100 and 200 milligram Vitamin Cs. Vitamin B<sub>6</sub> maximum 4.2 milligrams, Vitamin B<sub>1</sub>, 2.4 milligrams...."

(excerpted by permission of Dr Jonathan Wright from "Three Steps and 11 Months to Diffuse the Ticking Time Bomb Threatening Your Access to Vitamins and Minerals by Jonathan V. Wright, M.D. Published in *Dr. Jonathan Wright's Nutrition and Healing*.)