

**FACTS YOU NEED TO KNOW ABOUT GENETICALLY MODIFIED FOOD (GMOs)**  
**Created by GMO Free Los Angeles**

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**GMO FACT #1** – Genetically Modified Organisms (GMOs) are food you eat such as corn and soy that were manipulated in a laboratory by forcing DNA from a completely foreign species into them. This foreign DNA may include a virus, bacteria such as e coli bacteria, an insect, an animal or even humans resulting in traits that would be virtually impossible to obtain with natural processes. 75% of the processed food in the US is GMO. While 50 other countries require labeling of GMOs, the US prevents us from labeling GMOs.

**GMO FACT #2** –Animal studies have shown GMO foods cause infertility, accelerated aging, dysfunctional insulin regulation, changes in major organs and the gastrointestinal system, and immune problems such as asthma, allergies, and inflammation. Some farmers have found GMOs cause the death of livestock. FDA's own scientists warned that GE food had serious health hazards but no health testing is required. Europe has rejected GMOs due to health effects.

**GMO FACT #3** - GMO food poses higher risks for children - Adolescent rats showed damaged immune systems and digestive function, smaller brains, livers, and testicles, atrophy of the liver and pre-cancerous cell growth in the intestines after only 10 days of GMO feed. GMO DNA passes through the placenta to the fetus. One study showed that offspring of rats fed GMO soy died within three weeks. Children are smaller but tend to consume for GMO processed food as well as being more prone to allergies and nutritional deficiencies.

**GMO FACT #4** – Michael Taylor, former VP and attorney for the biggest GMO Company, Monsanto, is now the Deputy Commissioner at the FDA. Many other former Monsanto executives are now in the FDA and USDA. Supreme Court Justice Clarence Thomas is a former Monsanto attorney. FDA chose to disregard strong warnings of FDA scientists and allowed GMOs in our food supply without any health studies or even labeling. Monsanto gives generous campaign contributions and uses heavy lobbying to politicians.

**GMO FACT #5** – GMO foods offer absolutely no benefits to consumers. GMO food is less nutritious & does not taste better. GMOs are made mainly to make plants herbicide tolerant (Roundup Ready) so that farmers must use it on their crops & increase Monsanto profits. Monsanto patents its own GMO seeds requiring yearly payment of farmers for seeds. Farmers whose fields have been contaminated are sued.

**GMO FACT #6** - Overuse of Roundup herbicide has led to increased herbicide use, created super-weeds the require super-toxic herbicides & climate destabilizing fertilizer, spreads deadly plant diseases, degrades soil & gets into our waterways. Glyphosate in Roundup, is in our food, kills human cells & poisons villagers living near spraying. Crops that make their own pesticide kill other beneficial insects.

**GMO FACT #7** – GMOs are not researched or regulated. GMOs are unsafe for human health and our environment. GMO crops require more pesticide use, not less. GMO crops result in smaller yields & will not conquer world hunger. GMO crops put developing nation farmers out of business with 1x use seeds. GMO seeds are replacing bio-diverse, natural seeds that God intended.

**GMO FACT #8** GMO foods are mainly found in conventional soybeans, sugar beets, corn, canola, cottonseed and in small amounts in Hawaiian papaya, zucchini and crook neck squash. The hormone rGBH injected into cows is a GMO. The FDA is set to introduce GMO Salmon & other new crops as well as adding pharmaceuticals to plants. Avoid GMOs by buying Organic. Download non-GMO shopping guide.

**GMO FACT #9** - Could GMOs be causing the increase in Food Allergies or the ADHD & Autism epidemic seen in children? Might GMOs be the cause of Chronic Fatigue Syndrome or Fibromyalgia? All of these conditions have increased or didn't exist until GMOs were introduced? What about the increase in diseases like Cancer & Diabetes? What do GMOs mean for our children & future generations?

**GMO FACT #10**- Get Educated and get involved! Without your involvement, GMO companies will continue to poison our food. Avoid GMOs. Join the Institute for Responsible Technology. Watch The Future of Food. Read Genetic Roulette. Contact your government representatives to say NO TO GMOs. Educate your friends and family. Our children and future generations are depending upon us. The world needs you NOW!

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