

Consumer alert: Most common vitamins, including children's vitamins, found to contain GMOs

Mike Adams

[Natural News](#)

July 31, 2013

Natural News investigation reveals that an alarmingly large number of multivitamins and individual nutrient vitamins are formulated with ingredients derived from genetically modified corn.

This is the “dirty little secret” of the vitamin industry, but it’s not one the mainstream media will touch because they refuse to admit GMOs are a problem to begin with. Those in the know, however, realize that eating any ingredients derived from GMOs may expose them to the *BT insecticide* chemicals found in GM corn.

GMOs are truly “hidden” in vitamins because the GM-derived ingredients are so heavily processed that all DNA is destroyed in the process, thereby destroying any footprint of genetic modification. Genetic ID tests, in other words, require particles of the food to remain relatively intact so that PCR lab equipment can replicate genetic sequences. Heavily processed ingredients such as high-fructose corn syrup, maltodextrin and ascorbic acid have no genetic material remaining, thereby sweeping their origins under the rug.

This is one reason why so many vitamins sold today are formulated with GMOs. This includes virtually ALL the popular multivitamin brands sold at grocery stores and pharmacies, by the way.



INGREDIENTS: Microcrystalline cellulose USP/NF, ascorbic acid, d-alpha tocopheryl acetate USP/FCC, dicalcium phosphate USP/FCC, potassium chloride USP/FCC, mixed tocopherols, tocotrienols, stearic acid USP, croscarmellose sodium USP/FCC, hypromellose USP, biotin, zinc oxide, niacin USP/FCC, l-selenomethionine, titanium dioxide USP/FCC, beta carotene, phytonadione, calcium D-pantothenate USP, silicon dioxide, manganese sulfate USP/FCC, magnesium stearate NF/FCC, pyridoxine HCl, cholecalciferol, polyethylene glycol NF, thiamin mononitrate, riboflavin USP, boron amino acid chelate, vitamin A palmitate, sodium molybdate, cupric oxide, hydroxypropyl cellulose USP, sodium citrate dihydrate USP/FCC, vanadium sulfate, chromium picolinate NF [Chromax® (Nutrition 21)], potassium iodide USP, polysorbate 80 NF and nickel amino acid chelate.

List of ingredients that are usually GMO

The Non-GMO Project Verified website lists these ingredients as commonly harboring GMOs:

- Amino Acids
- Aspartame
- Ascorbic Acid
- Sodium Ascorbate
- Vitamin C
- Citric Acid
- Sodium Citrate
- Flavorings (“natural” and “artificial”)
- High Fructose Corn Syrup
- Hydrolyzed Vegetable Protein
- Lactic Acid
- Maltodextrins
- Molasses

INGREDIENTS: Magnesium Oxide, Cellulose, Calcium Carbonate, Vitamin C (Ascorbic Acid), Vitamin E (dl-alpha Tocopherol Acetate), Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides, Glycerin), Green Tea Extract, Zinc Citrate, Riboflavin, Manganese Gluconate, Niacin (Nicotinamide), Rutin, Citrus Bioflavonoids, Crosslinked Cellulose Gum, Quercetin Dihydrate, Iron (Ferrous Fumarate), Silicon Dioxide, Stearic Acid, Calcium Pantothenate (Pantothenic Acid), Magnesium Stearate, Choline Bitartrate, Grape Seed Extract, Vitamin A Acetate, Vitamin D3, Copper Gluconate, Para amino benzoic Acid, Vitamin B6 (Pyridoxine Hydrochloride), Inositol, Thiamine Mononitrate, Chromium Picolinate, Vitamin K1, Folic Acid, Sodium Selenite, Potassium Iodide, Biotin, Vitamin B12.

Monosodium Glutamate
 Sucrose
 Textured Vegetable Protein (TVP)
 Xanthan Gum
 Vitamins
 Yeast Products (such as yeast extract)

From this list, you can hopefully realize that:

- Nearly all “vegetarian” foods are GMO (loaded with yeast extract and soy).
- Nearly all sodas and soft drinks are GMO (HFCS, aspartame).
- Nearly all storable “emergency” food sold on the market today is GMO. (TVP, soy, MSG, yeast extract)
- Nearly all canned soups are GMO. (MSG, yeast extract)
- Nearly all children’s meals and snacks are GMO. (HFCS, MSG, soy, corn)

In other words, just about everything the consuming masses are eating is contaminated with GMOs.

Here’s a closer look at some of the more common GMO ingredients in vitamins and health products:

GMO ingredient #1 – Maltodextrin

Maltodextrin is a powdery, starch derivative of corn. It is used everywhere in the nutritional supplements industry, as a “filler” for fruit powders and drink mixes, as a “sweetener” for low-sugar health foods, and as a flow agent for vitamin capsules.

Unless it is certified as non-GMO, all maltodextrin should be assumed to come from GMO sources. The maltodextrin manufacturing supply chain isn’t even geared up to provide non-GMO maltodextrin, as the large-scale factories that produce the material run so much GM corn that there would be significant cross-contamination even if they tried to pull off a non-GMO run.

Supplement Facts
 Serving Size: 2 Tablespoons (1 oz/30mL)
 Servings per container: 16

Amount per Serving	% Daily Value*
Calories	15
Total Carbohydrates	2 g 1%
Dietary Fiber	1 g 4%
Sugars	0 g
Vitamin A (as Beta Carotene & Palmitate)	5000 IU 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D3 (as Cholecalciferol)	400 IU 100%
Vitamin E (as dl-alpha Tocopherol Acetate)	30 IU 100%
Thiamin (as Thiamine Hydrochloride)	1.5 mg 100%
Vitamin B2 (as Riboflavin)	1.7 mg 100%
Niacin (as Niacinamide)	20 mg 100%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folate (Folic Acid)	400 mcg 100%
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%
Biotin	300 mcg 100%
Pantothenic Acid (as D-Panthenol)	10 mg 100%
Whole Fruit Powders Blend:	100 mg
Blueberry, Tomato, Concord Grape, Cranberry	

* Percent Daily values are based on a 2,000 calorie diet
 ** Daily Value not established

Other Ingredients: Purified Water, Vegetable Glycerin, Maltodextrin (Fiber), Erythritol, Natural Flavors, Citric Acid, Potassium Benzoate (to preserve freshness), Xanthan Gum, Stearic Acid, Disodium EDTA, Mixed Tocopherols.
Allergens: Contains Soy
No artificial colors or flavors

Supplement Facts
 Serving Size: 1 Tablet • Servings Per Container: 90

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Beta Carotene)	1667 IU 33%	Iodine (as Potassium Iodide)	50 mcg 33%
Vitamin C (as Ascorbic Acid)	50 mg 83%	Magnesium (as Magnesium Oxide)	66.7 mg 17%
Vitamin D (as Cholecalciferol)	133 IU 33%	Zinc (as Zinc Gluconate)	5 mg 33%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	10 IU 33%	Selenium (as Selenomethionine)	17 mcg 24%
Thiamin (as Thiamine Mononitrate)	6.7 mg 447%	Copper (as Copper Gluconate)	0.5 mg 25%
Riboflavin	8.3 mg 488%	Manganese (as Manganese Gluconate)	1.7 mg 85%
Niacin (as Niacinamide)	33.3 mg 166%	Chromium (as Chromium Chloride)	33 mcg 28%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg 500%	Potassium (as Potassium Gluconate and Glycerophosphate)	30 mg <1%
Folate (as Folic Acid)	133 mcg 33%	Vanadium (as Vanadium Amino Acid Chelate)	2 mcg †
Vitamin B12 (as Cyanocobalamin)	2 mcg 33%	Lycopene	0.33 mg †
Biotin	100 mcg 33%	Herbal Blend	10 mg †
Pantothenic Acid (as D-Calcium Pantothenate)	6.7 mg 67%	Choline Bitartrate, Inositol, Grape, Vegetase®, Spinach, Citrus Bioflavonoids, Carrot and Pomegranate.	
Calcium (as Calcium Carbonate)	112 mg 11%		
Iron (as Ferrous Fumarate)	2 mg 11%		

† Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Natural Mixed Tocopherols, Silicon Dioxide, Hydroxypropyl Methylcellulose, Magnesium Stearate, Betaine Hydrochloride, Lutein Esters, Acacia Gum, Dicalcium Phosphate, Alginate, Pea Starch, Glycerine and Tomato Lipids. **CONTAINS SOY.**

The few companies that offer non-GMO starches and sweeteners are increasingly gaining attention across the industry. I’m aware of one company called Austrade, Inc. that offers a full line of [non-GMO corn-based starches and sweeteners](#), including non-GMO maltodextrin.

According to the company, they were the first producer to receive “Non-

GMO Project Verified” approval for non-GMO maltodextrin.

Non-GMO maltodextrin is also making its way into health products such as “Ultima Replenisher,” a healthy replacement for those junk sports drinks made with GMO corn syrup, salt and low-grade minerals. [Ultima Replenisher is completely GMO-free](#), relying on a non-GMO maltodextrin from certified sources.

A small company named [Allergaroo.com](#) also makes non-GMO microwaveable foods that are designed to be free of common allergens such as casein, soy, wheat, peanuts, dairy, GMOs, etc. (Although I have to wonder about the whole microwave concept...)

GMO ingredient #2 – Ascorbic acid

In the delusional world of western thinking on nutrients, ascorbic acid is called “vitamin C.”

It isn’t vitamin C, of course. Real vitamin C is a broad spectrum of synergistic compounds, never just an isolated, homogeneous molecule. But don’t tell that to doctors, scientists or journalists, because they’ve all bought into the “ascorbic acid is vitamin C” delusion.

So nearly all the common “vitamin C” pills are nothing more than heavily refined ascorbic acid derived from GM corn. That’s why those pills don’t work, by the way. So when the mainstream media declares, “Vitamin C shows no benefit...” in clinical trials, what they are really saying is that heavily processed ascorbic acid isolated from genetically modified corn doesn’t improve your health, and that’s no surprise.

Look on the labels of your cheap, low-grade vitamins and multivitamins... you’ll see “ascorbic acid” listed there, meaning **you are eating GMOs**. Throw those away. They’re crap.

EACH TABLET CONTAINS			
Retinyl Palmitate (Vitamin A 1.39mg) (equiv. Retinol equivalents 750mcg)	2500IU	Zinc amino acid chelate (equiv. Zinc 10mg)	50mg
d-alpha-tocopheryl acid succinate (Vitamin E 20.6mg)	25IU	Iron amino acid chelate (equiv. Iron 4mg)	40mg
Ascorbic acid (Vitamin C)	100mg	Manganese amino acid chelate (equiv. Manganese 5mg)	50mg
Thiamine Hydrochloride (Vitamin B1)	75mg	Calcium hydrogen phosphate (equiv. to Calcium 50mg)	214.7mg
Riboflavin (Vitamin B2)	30mg	Cupric Sulphate Pentahydrate (equiv. Copper 24mcg)	95mcg
Nicotinamide (Vitamin B3)	75mg	Potassium iodide (equiv. Iodine 150mcg)	196mcg
Pantothenic acid (Vitamin B5) (from Calcium pantothenate 72.5mg)	66.4mg	Borax (equiv. Boron 1.13mg)	10mg
Pyridoxine (Vitamin B6) (from Pyridoxine Hydrochloride 50mg)	41mg	Selenomethionine (equiv. Selenium 26mcg)	65mcg
Cyanocobalamin (Vitamin B12)	75mcg	Molybdenum Trioxide (equiv. Molybdenum 20mcg)	30mcg
Cholecalciferol (Vitamin D3 10mcg)	400IU	Chromium nicotinate (equiv. Chromium 3.5mcg)	33mcg
Biotin (Vitamin H)	100mcg		
Folic acid	400mcg		
Choline Bitartrate	50mg		
Inositol	50mg		
Citrus Bioflavonoids Extract	25mg		
Tyrosine	5mg		
Hesperidin	2mg		
Magnesium phosphate – tribasic anhydrous (equiv. Magnesium 50mg)	242mg		

If you want real vitamin C, your best bet is to eat **camu camu**, which is the planet’s highest source of natural, full-spectrum, food-based vitamin C. (The full synergy of nutrients, not just isolated chemicals.) [Click here to see high-grade, certified organic camu camu powder at the Natural News Store.](#)

(By the way, as a side note, the FDA came to our warehouse and took a large number of samples of our camu camu to run lab tests in their Arkansas lab headquarters. They were obviously looking for heavy metals and pesticide residues. The lab tests, as we knew they would, came back 100% clear. That’s because we’re one of the few companies to actually test all the raw materials we import. So now we have official

confirmation that even the FDA agrees that our products are clean. In truth, our own stringent lab test requirements are MORE STRICT than the FDA!)

There are also some vitamin companies making non-GMO vitamin C formulations. Expect them to be expensive because all non-GMO vitamin C must be sourced outside the United States. There is currently no U.S.-based producer of non-GMO vitamin C. (It simply doesn't exist.)

GMO ingredient #3 – Sucrose (heavily used in children's vitamins)

Take a look at almost any children's vitamins and you'll find they're made with several GMO ingredients: aspartame, sucrose and often citric acid, too.

In fact, **children's vitamins are by far the most toxic** because they're usually formulated with a much higher concentration of toxic ingredients such as artificial sweeteners, artificial colors and GMO-derived materials.

Directions: Adults and children 4 years of age and older: Chew one tablet daily.

Supplement Facts

Serving Size: One tablet

	Amount Per Tablet	% Daily Value		Amount Per Tablet	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%	Niacin	13.5 mg	67%
Vitamin C	60 mg	100%	Vitamin B ₆	1.05 mg	52%
Vitamin D	400 IU	100%	Folic Acid	300 mcg	75%
Vitamin E	15 IU	50%	Vitamin B ₁₂	4.5 mcg	75%
Thiamin (B ₁)	1.05 mg	70%	Calcium (elemental)	200 mg	20%
Riboflavin (B ₂)	1.2 mg	70%	Sodium	10 mg	< 1%

INGREDIENTS: Calcium Carbonate, Sorbitol, Sodium Ascorbate, Pregelatinized Starch, Artificial Flavors, Maltodextrin, Stearic Acid, Gelatin, Magnesium Stearate, Vitamin E Acetate, Niacinamide, FD&C Red #40 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Silicon Dioxide, Mono and Diglycerides, Aspartame, Carrageenan, FD&C Blue #2 Aluminum Lake, Starch, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Folic Acid, Beta-Carotene, Sucrose, Vitamin D₃ (Cholecalciferol), Vitamin B₁₂.
Contains: Soy.

†PHENYLKETONURICS: CONTAINS PHENYLALANINE

Children should be eating superfoods or food concentrates, not toxic vitamin pills. Remember, too, that the low-grade vitamin pills are manufactured by companies largely owned by the pharmaceutical industry. They have every incentive to make sure their vitamins actually cause health problems rather than prevent disease. This boosts their long-term profits as sick children become Big Pharma customers for life.

MegaFood receives the first non-GMO certification in the industry

When it comes to high quality food-based nutrients in a pill format,

nobody beats MegaFood, the supplier Natural News has chosen as its supplement partner.

MegaFood's manufacturing facility is the first and only facility in the United States to be certified non-GMO. Certification of all the company's products is under way, but I have personally been informed that the entire product line has been **100% non-GMO since 2007**. (Actual certification takes time and will be announced when the process is complete.)

Consumers looking for truly non-GMO sources of health-supporting minerals can check out [MegaFood's Balanced Minerals](#) formulation.

Those seeking thyroid support should take a look at MegaFood's [Thyroid Strength formulation](#). And for non-GMO multivitamins made from real food rather than isolated chemicals, MegaFood offers [a full line of daily multivitamins for men and women](#).

Join the call for GMO labeling on vitamins and supplements

As companies like MegaFood blaze forward in achieving non-GMO certification, they are going to force everyone else in the industry to follow suit (or lose customers). That's because **consumers don't want hidden GMOs in their health supplements**, obviously.

People take vitamins based on the belief that vitamins won't poison them. Unfortunately, this is a false assumption given the dirty tricks played by the pharmaceutical industry in churning out harmful, synthetic vitamins loaded with toxic substances such as GMOs.

That's why I support the **mandatory GMO labeling of vitamins and dietary supplements**. It's also why my own brand of superfoods and dietary supplements – [Health Ranger Select](#) – is 100% non-GMO.

See, it's not just about labeling GMOs in foods. GMOs need to be labeled (or ultimately, banned) in everything we eat, and that includes vitamins and dietary supplements.

Most health-conscious consumers already know to avoid GMOs in foods, but they fail to avoid them when selecting vitamins and supplements. So they're taking in quantities of GMO-derived materials in their health supplements, and that defeats the whole purpose of being "health conscious" in the first place.

Until GMOs are labeled (or banned) on vitamins and supplements, **you have to be vigilant in avoiding GMO-derived ingredients** such as maltodextrin, sucrose, ascorbic acid, citric acid and others.

Unless the product is certified non-GMO or comes from a company that is diligently working on the certification process, there is a better than 99% chance that they contain GMOs.

And what happens when you eat GMOs? Just ask these lab rats, which were fed a combination of GM corn and glyphosate, the weed killer chemical often used on genetically modified crops:

