

Are You Eating These Genetically Modified Foods?



Currently Commercialized GM Crops in the U.S.

Soy (85%), cotton (76%), canola (75%), corn (40%), Hawaiian papaya (more than 50%), zucchini and yellow squash (small amount) and tobacco (Quest® brand). GM Alfalfa was introduced in 2005; it's unlikely to be used for sprouts, unless there is seed contamination.

Other Sources of GMOs

- Dairy products from cows injected with rbGH.
- Food additives, enzymes, flavorings and processing agents, including the sweetener aspartame (NutraSweet®) and rennet used to make hard cheeses.
- Meat, eggs and dairy products from animals that have eaten GM feed.
- Honey and bee pollen that may have GM sources of pollen.
- *Some of the Ingredients That May Be Genetically Modified:* Vegetable oil (soy, corn, cottonseed or canola), margarines, soy flour, soy protein, soy lecithin, textured vegetable protein, cornmeal, corn syrup, dextrose, maltodextrin, fructose, citric acid and lactic acid.

Some of the Foods That May Contain GM Ingredients:

Infant formula, salad dressing, bread, cereal, hamburgers and hotdogs, margarine, mayonnaise, cereals, crackers, cookies, chocolate, candy, fried food, chips, veggie burgers, meat substitutes, ice cream, frozen yogurt, tofu, tamari, soy sauce, soy cheese, tomato sauce, protein powder, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour and pasta.

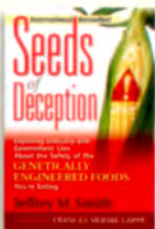
Non-food items include cosmetics, soaps, detergents, shampoo and bubble bath.

More information and coupons inside!

LEARN MORE *and* SPREAD THE WORD!

Consider buying several copies to share with friends and policy makers. It works. When *Seeds of Deception* was given to Vermont legislators, one said, "It spread like wildfire . . . and it certainly colored every conversation in the Statehouse about GMOs. It was the subtext for everything after that, once it arrived."

BOOKS and AUDIO CD



Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating

By JEFFREY M. SMITH

Book (paperback): The world's bestselling and #1 rated book on GM foods. It exposes how industry manipulation and political collusion—not sound science—allowed dangerous genetically engineered food into our diet.

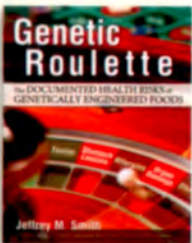
\$17.95 (\$12.50 each for 6 or more. \$270 for a case of 27.)



You're Eating WHAT? Stop eating genetically engineered foods and please copy this for your friends.

By JEFFREY M. SMITH

Audio CD: Copy your own or buy in bulk (In jewel cases: 30 for \$60. In paper sleeves: 75 for \$90 and \$1 for each additional.)



Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods

By JEFFREY M. SMITH

in collaboration with an international team of scientists

Book (hardcover): A comprehensive look at the health dangers of GM food. Animal studies, case studies and theoretical dangers are presented in easy-to-read two-page spreads. Part 2 documents false claims by industry, why children are most at risk, shortcomings of safety assessment and related issues.

\$23.95 Due in Summer 2006



Your Right To Know: Genetic Engineering and the Secret Changes in Your Food

By ANDREW KIMBRELL

Book (paperback): A complete, full color reference guide outlining how genetically modified foods get onto the family dining table and what consumers can do about it.

\$35 Due in Summer 2006

DVDs



Future of Food

Shot on location in the U.S., Canada and Mexico, this popular film investigates how multinational corporations seek to control the world's food system through patented, genetically engineered food and gives a voice to farmers whose lives have been negatively impacted by this new technology. It also explores sustainable alternatives. \$24.95



A Silent Forest

The film details the dangerous impacts of genetically engineered trees on human health, native forests, forest-dwelling indigenous peoples and wildlife. Narrated by Dr. David Suzuki. \$24.95



Sweet Misery

This documentary presents possible long-term effects of aspartame. It includes compelling evidence by doctors, investigators and people with serious health problems, which may have been caused by this genetically engineered sweetener. \$24.95



The Corporation

Provocative, witty, sweepingly informative, this winner of 24 international awards includes forty interviews with corporate insiders and critics, footage from pop culture and corporate propaganda. One story describes how two investigative reporters were fired by Fox News after they refused to water down a story on genetically engineered bovine growth hormone. Over 8 hours of additional footage. \$29.95

For orders, more information and to sign up for a free monthly newsletter:
www.seedsofdeception.com

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Let's work together to protect ourselves, the next generation and our precious environment from the dangers of this infant technology. Our Institute works all over the world to inform people, organize campaigns and make a difference.



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...with our free monthly e-newsletter, *Spilling the Beans*, written by our founding director, Jeffrey Smith.

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...to help with a GM-Free school campaign or other programs.

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... so that we can quickly end the genetic engineering of our food supply and the outdoor release of GM crops. The situation is urgent, but the solution is at hand.

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20262



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Our goal is to bake the most natural, nutritious and best tasting breads, bagels, pizza crusts & tortillas available, while educating our customers about the health benefits of baking without yeast or sweeteners and the importance of supporting organic & non-gmo farming.

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