

NEWS RELEASE

CODEX Alimentarius Celebrates its 50th Anniversary - Trashes Nutrition

Written by National Health Federation

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Codex Chairman Sanjay Dave – July 2013 ©FAO/Alessandra Benedetti

The Codex Alimentarius Commission (CAC) celebrated its 50th year of existence the first week of July while also conducting its 36th session, with several hundreds of member-state delegates and non-governmental organizations in attendance. Chairman Sanjay Dave was re-elected as CAC Chairman and presided over the meeting in a fair and business-like manner.

But fair and business-like did not compensate for the Commission's gross nutritional ignorance that resulted in certain Nutrient Reference Values (NRVs) being approved for vitamins and minerals over the repeated and strong objections of the National Health Federation (NHF), a Codex-accredited non-governmental organization.

As Scott Tips – the NHF's delegate at that meeting – remarked afterwards, *"Of course we spoke up in opposition to approval of these NRVs, because they will reduce by 20% to 66% all but one of the already-low B vitamin NRVs, increase Calcium NRVs while reducing Magnesium NRVs (the exactopposite of what modern nutrition tells us should be done), and promote, at best, subsistence nutrition when optimal nutrition is called for here. These are standards that would only allow consumers to put one foot before the other, barely avoiding slipping into the grave, as they shuffle through life. Consumers deserve better, they deserve optimal nutrition that allows them to maximize their potential and quality of life."*

To continue reading the full report of what happened at this most recent meeting, [CLICK HERE](#). The fight over these NRVs is not over and will continue in November in Germany at the Nutrition Committee meeting to be held there.

Another detailed critique of the proposed Codex recommendations has been written by health journalist Bill Sardi, as commissioned by the NHF. The entire critique can be [read online](#). Sardi has [written the U.S. delegate to Codex](#) in the past, opposing passage of similar guidelines. He has been an [outspoken critic of Codex](#).

Proposed Changes In Recommended Daily Dietary Intake Of Essential Vitamins & Minerals

CODEX (World Health Organization/ Food & Agriculture Organization of The United Nations) versus Daily Value/Reference Daily Intake

NUTRIENT	Proposed Recommended Nutrient Intake (RNI) -CODEX	100% Daily Value (what is listed on dietary supplement labels) based on RDI (Reference Daily Intake)	Difference
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Thiamin (Vitamin B1)	1.2 mg	1.5 mg	-20%
Riboflavin (Vitamin B2)	1.2 mg	1.7 mg	-30%
Niacin (Vitamin B3)	15 mg	20 mg	-25%
Pyridoxine (Vitamin B6)	1.3 mg	2.0 mg	-35%
Folic acid (Vitamin B9)	400 mcg	400 mcg	No change
Cobalamin (Vitamin B12)	2.0 mcg	6.0 mcg	-66%
Vitamin A	550 mcg (1833 IU)	1500 mcg (5000 IU)	-64%
Vitamin C	45 mg	60 mg	-25%
Vitamin D	200 IU (5 mcg)	400 IU (10 mcg)	-50%
Calcium	1000 mg	1000 mg	No change
Iodine	150 mcg	150 mcg	No change
Iron	14 mg	18 mg	-22%
Magnesium	240 mg	400 mg	-40%
Zinc	12 mg	15 mg	-20%
IU = international units Mg = milligrams Mcg = micrograms	Source: <u>CODEX</u> <u>NRVs CCNFSDU</u> PWG Discussion Paper	RDI -Reference Daily Intake <u>Source:</u> <u>Nutribase.com</u>	

Codex has drawn the similar ire of other health-freedom advocates. There is a concern that Codex solely serves the needs of big business and that it is a conduit for disease mongering by establishment of nutrient recommendations that lock in in a certain level of disease in human populations that then requires more doctoring and drugs.

For more information, contact the [National Health Federation](#), the only health-freedom organization with standing to participate at Codex meetings.

Minneapolis, Minnesota will be the hosting city for Codex Alimentarius' next Committee meeting on Residues of Veterinary Drugs in Foods (August 24-30, 2013). NHF will be there participating not only at the plenary session but also at the working group session on the Guidelines on Risk Management Recommendations for Residues of Veterinary Drugs, with the intent and goal of keeping as many drug residues out of our foods as possible.

We very much need your support in order to participate. Please [CLICK HERE](#) and help us to protect your health by making your most generous donation. We truly cannot do this without your support. Thank you.

Will You Be Health Freedom's Next Hero?

[National Health Federation](#): Established in 1955, the National Health Federation is a consumer-education, health-freedom organization working to protect individuals' rights to choose to

consume healthy food, take supplements and use alternative therapies without unnecessary government restrictions. The NHF is the only such organization with recognized observer-delegate status at [Codex](#) meetings.

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P.O. Box 688, Monrovia, CA 91017 USA ~ 1 (626) 357-2181 ~ Fax 1 (626) 303-0642

Website: www.thenhf.com

E-mail: contact-us@thenhf.com