

NEWS RELEASE

Watered-Down Vitamin & Mineral Standard Up For Approval By Codex

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A newly proposed recommendation by a World standards organization (Codex Alimentarius Commission) could reduce the amount of eleven essential vitamins by 20-to-60 percent compared to the currently used Recommended Daily Value. This standard would then be widely affixed to food and dietary supplement labels to indicate to consumers whether they are consuming adequate amounts of nutrients to meet their needs.

The newly proposed recommendations would reduce the daily requirement for Vitamin C from 60 to 45 milligrams, zinc from 15 to 12 milligrams, of Vitamin B12 to 6 to 2 milligrams and Vitamin D from 10 micrograms (400 units) to 5 micrograms (200 units). In all, the daily recommendation for eleven of 14 essential nutrients would be reduced, and none increased except for folate and calcium.

The Codex Alimentarius Commission, a worldwide body established by the Food and Agriculture Organization of the United Nations and the World Health Organization to develop international food standards and guidelines to “ensure fair practices in the food trade,” meets in Rome during the first week of July to consider the new standards. Advocates for the newly proposed changes are wishing to push half of their greatly-reduced vitamin-and-mineral standards through for Commission approval while the remaining vitamins and minerals are still being discussed at the Committee level, thanks to the NHF.

Heading up opposition to the proposed changes in nutrient requirements is the [National Health Federation](#) (NHF) based in Monrovia, California. Codex meets this coming week in Rome and its more than 185 delegates representing countries from around the World are to be asked to give their consensus to its approval, but will be challenged by NHF to take a stand against such approval.

In particular, Scott Tips, NHF President, will deliver a [presentation at the CODEX meeting](#) to plead with delegates to dismiss the newly proposed recommendations on the basis they are being promoted solely with the interests of multinational businesses in mind and not in the better health interests of individuals.

For example, multivitamin companies would need only make one version of their products to market them worldwide rather than a different product for every country. The NHF opposes one-dose-fits-all vitamin pills because it says geographic, genetic, dietary and environmental factors alter the amount of nutrients required to maintain health in certain human populations.

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

Sardi says, while there are many health-freedom organizations worldwide that oppose Codex, the only one that has standing at the Codex meetings is the National Health Federation. “Support for other organizations without standing at Codex only dilutes the support NHF needs to apply public pressure on Codex decisions that affect public health,” he says. The NHF has a presence in [21 countries worldwide](#).

Codex has drawn the ire of health-freedom advocates in the past for its failure to pursue optimal health. There is a concern that Codex solely serves the needs of big business, that it is a conduit for disease-mongering by establishment of nutrient recommendations that dial in a certain level of disease in human populations that then requires doctoring and drugs.

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
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: CODEX NRVs CCNFSDU PWG Discussion Paper	RDI -Reference Daily Intake Source: Nutribase.com	

For further information on Codex, please visit the our [Codex pages](#).

