



Certified Organic Products



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What Is Organic?

Farmers must meet very specific criteria for foods to be labeled organic. The US Department of Agriculture (USDA) has established an organic certification program that requires all organic foods to meet strict government standards. These standards regulate how foods are grown, handled and processed.

Organic foods should contain none of the following:

- Synthetic or bioengineered fertilizer or pesticides
- Genetically engineered organisms
- Sewage sludge
- Toxic chemicals and hormones
- Irradiation to preserve foods



Did You Know?

- Genetically modified organisms (GMO) can never be used in organic products!
- According to the Organic Trade Association, sales of organic food have grown from \$1 billion in 1990 to an estimated \$29 billion in 2011.
- When conventional farmers spray pesticides, a residue can be left on the produce. Organic farmers use insect traps, crop selection, predator insects or beneficial microorganisms instead to control crop-damaging pests.
- Products that contain at least 70% organic ingredients may say “made with organic ingredients” on the label, but may not use the Organic seal.
- According to the USDA, unless it says “100% organic” any item labeled “organic” only needs 95% of its ingredient to have been organically grown.
- Organic farming systems help to replenish soil and protect important resources like water, compared to conventional farming, which can contaminate soil and water with chemicals.

What's The Difference?

“100% organic”, “organic,” and “made with organic ingredients”; these are some of the different ways you will find products advertised today in many health food and supplement stores. What does it mean?! Does it really matter!?

To earn an organic label, all ingredients have to be certified organic, but up to five percent of remaining components can be non-organic. If a food says “100 percent organic” then all ingredients must be certified organic. A “made with organic ingredients” label means at least 70% of the ingredients are organic.

What It Says:	100% Organic	Organic	Made with Organic
What It Means:	Means all ingredients are organic. The USDA logo can be used on the packaging. 	Mean a minimum of 95% of ingredients are organic. The package may include the USDA organic logo. 	Means that 70%-94% of the product is organic. USDA logo cannot be used on the package.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. For Retail Use Only. The information provided here is strictly for educational purposes only. It is not intended as medical advice. Consult your health care professional when using dietary supplements.

USDA National Organic Program <http://www.ams.usda.gov/AMSv1.0/nop> as viewed 25 April 2011
Organic Trade Association <http://www.ota.com/index.html> as viewed 25 April 2011

