

The Word On Dietary Supplements

TUNKHANNOCK (Wyoming Co.) - Some things just don't make sense. For example, take health claims on food products versus supplements. It takes years for the Drug Administration to make a health claim on a food product, such as high-fiber on oatmeal packaging. But, grind up the oatmeal and sell it in pill form, and you can make a claim based on a single study - even a flawed one - with no pre-approval needed from the FDA.

Because of this, four scientific associations of food and nutrition professionals recently joined forces to urge the public to beware of fraudulent claims when purchasing dietary supplements. Vitamins, minerals, fiber, amino acids phytochemicals, herbal products, and botanicals all are considered dietary supplements. The Food and Nutrition Science Alliance makes these recommendations for consumers:

1) When buying dietary supplements, "If it sounds too good to be true, it probably is not true." Although federal regulations on dietary supplements require that statements on prod-

ucts be "truthful not misleading," there is no standard for the acceptability of the supporting science. Therefore, claims may be based on single studies having inadequate or flawed science.

2) Among dietary supplements, less is known about herbals and botanicals than about vitamins and minerals. There are no federal standards for herbals and botanicals to ensure their safety, purity, or quality.

3) Multivitamins in moderation may help some people. High doses of some supplements can be harmful. Scientists agree that a daily multi-vitamin may help some people meet their nutritional needs. Included in this group are pregnant women, children, the elderly and individuals with certain diseases. However, more is not necessarily better. Any biologically active ingredient consumed in excess can be harmful. Examples of vitamins and minerals known to be harmful when consumed in excess include vitamin A, niacin, vitamin B6, vitamin D, iron and folic acid. Examples of herbals and botanicals known to cause

harm if taken in high doses include ma haung, guar gum, willow bark, comfrey and chaparral.

4) "Natural" is not synonymous with "safe". As with all chemicals, nutrients and plant extracts taken in high enough doses for long enough periods can be toxic. At this time, too, few herbal products bear contraindications on their labels to warn consumers of potential ill effects.

5) For good health, eat a variety of foods. Supplements may help in some cases, but they lack other components of food that may be beneficial and are no substitute for the good nutrition obtained from eating a variety of foods.

Source: Purdue University Over-The Counter Herbal Remedies

1) Do not assume that herbal remedies are safe simply because they are natural. Herbal remedies contain substances that can have powerful effects upon the mind and/or body. Use even greater cautions than when taking standard medications.

2) Be cautious about taking medicinal herbs if you are pregnant or attempting to become pregnant.

3) Be cautious about taking medicinal herbs if you are breast feeding a baby; herbal drugs in the body can be transferred to breast milk.

4) Do not give herbs to infants or children.

5) Do not take large quantities of any herbal preparation.

6) Do not take any medicinal herb on a prolong daily basis.

7) Buy only preparations that identify plants on the label and state contraindications for use

8) Become familiar with the names of potentially dangerous herbs and be cautious about

their use.

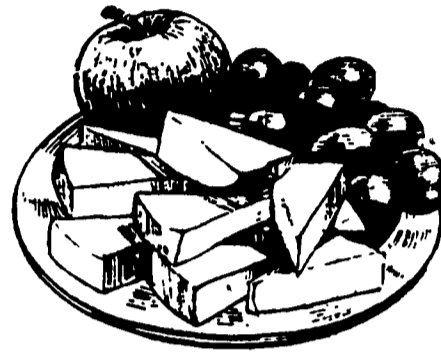
9) If you are taking medications, do not use medicinal herbs without checking with your doctor.

10) Do not trust your health to unqualified practitioners who use unregulated titles such as "herbalist," "herb doctor," "Master Herbalist," "herbologist," "Natural Health Counselor."

11) Beware of exaggerated claims for the benefits of herbal remedies.

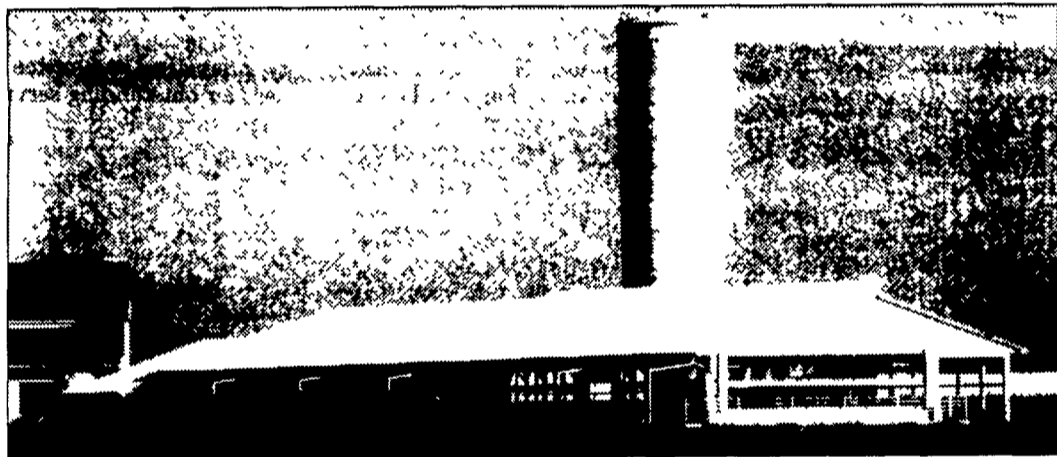
12) Insist that herbal marketers meet basic consumer protection standards of labeling, safety and efficacy.

Source: National Council Against Health Fraud.

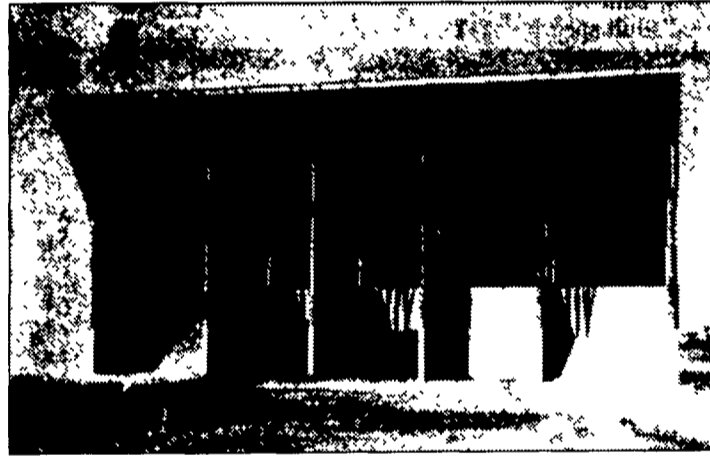


Thanks & Congratulations To...

Dwight Hess, Marietta, PA (Lancaster Co.)



62'x241' Beef Barn with Slatted Floors with 10' deep Concrete Pit



36'x68' 5-Bay Commodity Building

Featuring

- Keystone Bunker Silo, J-Bunks, Waffle Slats
- Empire Curtain System
- Show-East Gates & Fencing
- 24'x100' bottom unloading Star Silo with Ladig unloader
- Ritchie Energy-Free Waterers

KING CONSTRUCTION CO.

601 Overly Grove Rd., New Holland, PA 17557

717-354-4740

Phil Van Lieu Home: 717-259-9077

Custom Design And Construction Of...
Dairy Barns, Heifer Facilities,
Horse Barns, Equipment Sheds, Etc.

Authorized Dealer For Keystone Waffle Slats

~ Quality Curtain Systems ~
EMPIRE AGRI-SYSTEMS, INC.
7240 Grant Ave. • Auburn, NY 13021
800-216-6029

★ **STAR SILOS** ★
630 E. Lincoln Ave. • Rt. 422,
Myerstown, PA • 1-800-431-7709

PRECISE
CONCRETE WALLS, INC.
601 Overly Grove Road • New Holland, PA 17557
717-355-0726

KEYSTONE CONCRETE PRODUCTS INC.
477 East Farmersville Rd. • New Holland, PA 17557
(717) 355-2361

"WAFFLE SLAT"
Syn-Con Corporation

CoreStates Bank
A Commitment to Agriculture
1-800-342-6926

Show Ease Stall Co.
573 Willow Road
Lancaster, PA 17601
Phone: 717-299-2536
Fax: 717-299-1074