

# Vit. C to be Banned?

As health care costs continue to rise, consumers are seeking more means of preventative care. Many people have done their best to avoid the doctor by visiting alternative practitioners, and using dietary supplements. Before the end of this year however, a law may require prescriptions for many vitamins and common herbs.

In 1990, the Senate and Congress passed the Nutrition Labeling and Education Act (NLEA), which infringes on our freedom of choice by severely limiting the availability of nutritional vitamins and supplements.

The NLEA will take effect on December 15, 1993. After that date, herbs and vitamins now readily available would require a doctor's prescription. Certain herbs and vitamins would be considered "drugs." The NLEA's new recommended "Daily Intake" would define maximum potencies for nutrients. For example, vitamin C will be available over-the-counter only in low (60 mg) dosages. If the NLEA becomes law at the end of this year, consumers can expect to pay dramatically higher prices for those few herbs and vitamins yet unregulated and available without a prescription.

The FDA is now violating previous legislation (the Proxmire Amendment), which safeguards public access to herbs. Violating that amendment, the agency has closed health food stores and seized herbal stocks. In addition, the FDA is ignoring a 1990 congressional moratorium placed on the NLEA's enforcement due to public outcry. In fact, the FDA has a long history of

pandering to the pharmaceutical industry, and the American Medical Association.

Our meat, dairy and produce are often tainted with chemicals. It seems that the petrochemical industry has bought out medical and agricultural colleges, so that most of our doctors are without knowledge of diet and herbs.

Many alternative treatments for cancer and other degenerative diseases are available outside of the United States. However, information about these strategies is scarcely available here. A range of alternative products are banned. Nutritionists and herbalists recommending them are branded charlatans and put out of business.

To help secure freedom of choice in health care, Representative Bill Richardson and Senator Orrin Hatch have sponsored the Dietary Supplement Health and Education Act, Senate Bill 784 and House Resolution 1709. According to the Act:

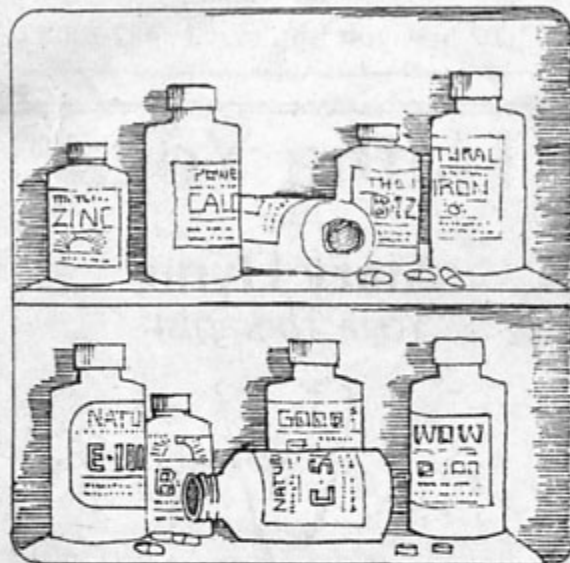
*Recent national surveys revealed that almost 50 percent of Americans consume dietary supplements.*

*Nearly all consumers indicate that dietary supplements should not be regulated as drugs.*

*Consumers are placing increased reliance on the use of non-traditional health care providers.*

*This Act would provide explicit protection for dietary supplements, including herbs, amino acids, and all minerals and vitamins.*

It is urgent for consumers and retailers to demand that legislators support and co-sponsor the Dietary Supplement Health and Education Act, Senate Bill 784 and House Resolution 1709.



Despite public opinion and the current administration's alleged support of preventative health care, the FDA is actively preparing to curtail the availability of nutritional supplements with the NLEA. We cannot allow legislators and government agencies to commit crime "in the name of the law" and to infringe on the natural rights of individuals. Choice in self-prescribed health care is a natural right.

It's time to tell our legislators that we have a natural right to consume whatever foods or supplements we deem necessary for optimal health. This right can't logically be controlled by legislation and enforcement.

Share this information where you shop, and with friends and relatives. Ask retailers what they're doing about this problem. Write or call your legislators. For more information contact: Nutritional Health Alliance, 1-800-226-4NHA; Citizens for Health, 1-800-357-2211. —AUMEAR