

Livestock Recommendations -- 1995

**NATIONAL ORGANIC STANDARDS BOARD
FINAL RECOMMENDATION ADDENDUM NUMBER 13
THE USE OF NUTRIENT SUPPLEMENTATION IN ORGANIC FOODS**

Date adopted: October 31, 1995
Location: Austin, Texas

Introduction:

The Committee has debated the issue of the inclusion of synthetic vitamins, minerals, and/or accessory nutrients in organic foods. Although it is generally considered that foods themselves are the best source of nutrients, in some cases, State regulations mandate the inclusion of vitamins and/or minerals to fortify foods. An example of this is enriched white flour pasta in which some States mandate the inclusion of thiamin, riboflavin, niacin, and iron.

The Committee also believes that recommendation by independent professional associations may also be taken into consideration. An example of this is infant cereals in which fortification of iron is highly recommended by the American Dietetic Association and various associations dealing with pediatric care and nutrition as a baby's stored iron supply from before birth runs out after the birth weight doubles.

In the recommendation listed below, the term Accessory nutrients@ means nutrients not specifically classified as a vitamin or mineral but found to promote optimal health. Examples include omega-3 fatty acids, inositol, choline, carnitine, and taurine. Without this inclusion, we believe we may be limiting ourselves given future nutritional discoveries. It is also a term used frequently throughout the food and supplement industries.

Recommendation:

Upon implementation of the National Organic Program, the use of synthetic vitamins, minerals, and/or accessory nutrients in products labeled as organic must be limited to that which is required by regulation or recommended for enrichment and fortification by independent professional associations.