

# Naturally Occurring Substances

Many foods we eat every day contain certain levels of one or more of the naturally occurring substances that fall under California's Proposition 65 guidelines, including fresh produce, herbs, supplements, vitamins, and minerals. A single serving of natural foods such as yams, turnips, apples, tomatoes, artichokes, carrots, cucumbers, green beans, lettuce, spinach, potatoes, and corn can provide exposures in excess of Prop 65 limits.

For example, carrots contain approximately 12.8 micrograms of arsenic in a one cup serving, which is an exposure that exceeds Prop 65 levels. And a one cup serving of green beans contains 28.75 micrograms of lead, an exposure of approximately 50 times the allowed Prop 65 levels.

Another naturally occurring product, di-tri-octahedral smectite (a clay mineral mined from the earth, where many food and dietary supplement minerals come from), is used in some of our products. Since this type of smectite comes directly from the earth, there are natural elements including heavy metals present that require the product to be labeled with a Prop 65 warning, even if that product meets or exceeds all Federal safety standards.

Based on the 1986 Safe Drinking Water and Toxic Enforcement Act (also known as Proposition 65), the State of California requires special labeling of over 900 substances, and growing. Note, Prop 65 does not ban any products; it simply requires warnings. Californians also see this warning at many public restaurants, schools, hotels, gas stations, and grocery stores.

Products being sold in the State of California that fall under Prop 65 must contain one or both of the following warnings:

"WARNING: This product contains a chemical known to the State of California to cause cancer."

"WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm."

More information can be found at <http://www.oehha.ca.gov/prop65.html>.

