
From: Marian Head [marianhead@qwest.net]
Sent: Sunday, August 11, 2002 9:38 AM
To: Crane, Nancy T
CC: president@whitehouse.gov
Subject: CODEX input

02-022N
02-022N-35
Marian Head

35

Dear Ms. Crane,

I understand that you can receive comments on **the** FDA's codex proposed positions electronically. If this is not the best way to make my thoughts known, please let me know.

I am concerned about item **5.9** of agenda item No. 6 in the draft guidelines for vitamin and mineral supplements. Since I took responsibility for my health and the health of my family seven years ago, adding nutritional supplements to our diets has virtually eliminated the need for doctors visits and medicines. In the past 7 years since adding high quality nutritional supplements to our diets, my school-aged son has rarely missed a day of school, and my husband and I are testimonials to good health and vitality in our **50s**. No nutritionist, dietician or medical doctor advised us to take the nutrients that we feel are responsible for our excellent health today. Indeed, there are still plenty of Drs. out there that tell their patients not to bother creating "expensive urine."

I think it is DANGEROUS to put the responsibility for one's health into others' hands, rather than focusing on educating each and every citizen to the natural needs of our **own** bodies. Indeed, more than 50% of American citizens take vitamins and other dietary supplements daily. This codex item literally tells them that they can't make these decisions for themselves. Why not add a bit of information to the food pyramid taught in schools so that children begin to appreciate the need for natural vitamins and minerals that our bodies need to function optimally? Better yet, teach them to eat the foods (NOT PROCESSED) that can give them the best nutrients?

In addition to taking away responsibility for oneself, Item **5.9** of the labeling proposal violates both the spirit and the law of the Dietary Supplement Health and Education Act of 1994 (DSHEA), which was a move in the right direction for our citizenry.

Thank you for passing along my concerns as a proud citizen of this country built on education and self-reliance.

With appreciation,

Marian Head
8787 Crimson Clover Lane
Longmont, CO 80503
303-485-8561