Non-GMO Policy

We recognize that some consumers are looking for products where less is more. Some of our products are verified non-GMO.

“What Do We Mean by "Non-GMO”?

When we refer to “GMO” (otherwise known as “genetically modified organism”), we mean an organism that was modified through genetic engineering, or other scientific means, that alters its natural state to one that could not have occurred naturally.

Centrum Non-GMO Standard

Currently, there is no official Canadian definition or requirements for making non-GMO claims. We’ve based our non-GMO standard on a careful evaluation of Health Canada guidance documents, existing and proposed standards from within and outside Canada, and standards set by independent organizations.

Our internal standard for product verification accepts the following:

- **Organic Certification**, (such as the USDA Organic Certification process, which requires that the material be non-GMO)
- Sourcing **non-GMO by Origin** ingredients. This means we use an original seed source that is conventionally grown (not genetically engineered) for our ingredients. Our verification is based upon a thorough evaluation of supplier documentation confirming the non-GMO status of the ingredients.
- Use of ingredients sourced as **non-GMO by Identity Preservation (IP),** a practice that traces the identity of ingredients back to their original source.
- Supplier certification of compliance with the **EU GMO Regulations, EC 1829+/2003 and EC 1830/2003.**

We allow for the use of fermented ingredients or processing aids that are genetically engineered, provided that the genetic material from the processing aid is removed from the finished ingredient and is not present in the final product. See example under Processing Aids.

Common Definitions Related to GMOs

Genetic Modifications

Genetic modifications are used to change the heritable agronomic, production, processing or nutritional characteristics of microorganisms, plants and animals. This occurs when scientists insert DNA from one species into another in order to impart a trait that does not naturally occur in the modified species. Sweet corn, for example, is often engineered to resist insects by modifying its DNA with a bacteria strain known as *Bacillus thuringiensis*. This causes every cell in the corn plant to produce its own insecticide throughout its lifecycle, removing the need for repeat spraying from conventional pesticides.

Non-GMO by Origin
The original seed source has not been altered using genetic engineering.

Identity Preservation (IP)
Identity preservation is a practice that traces the identity of ingredients back to their original source. Non-GMO by Identity Preservation (IP) requires practices and processes for controlling contamination from at-risk GMO inputs and ingredients. While non-GMO by IP is acceptable for our standards, it is not required.

Processing Aids
In Canada, there is no regulatory definition for processing aids. However, the Food Directorate of Health Canada has defined a processing aid as a substance that:

- is used for a technical effect in food processing or manufacture;
- when used, does not affect the intrinsic characteristics of the food; and
- when used, results in no or negligible residues of the substance or its by-products in or on the finished food.

Our standard allows the use of genetically engineered fermented ingredients and processing aids on a case-by-case basis, in situations where their use is unavoidable.

For example, some B Vitamins (such as riboflavin and B12) are produced using a fermentation process that employs a genetically engineered processing aid. Under our non-GMO standard, an ingredient manufactured using a genetically engineered processing aid would not be considered genetically modified, as long as the nutrient medium itself is not genetically engineered and the genetically engineered processing aid is filtered out of the final product.