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January 7, 2000

FDA Dockets, Management Branch
HFA-305
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852

Subject: Food Product Labels, Trans Fatty Acids

Dear Sir or Madam,

I am writing to support the amendment to require the inclusion of the amount of Trans Fatty Acids on food product labels.

Since Trans Fatty Acids have been found to be harmful to our health, I would appreciate that additional information on food labels to enable me to make more informed choices.

Sincerely,

Jan Davenport

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THE APPLE PRESS

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GARLIC—FOOD AND MEDICINE

THE APPLE PRESS is the newsletter of Preventive Medicine Group, the private medical practice of James P. Frackston, M.D., Derrick Lonsdale, M.D., and Sakos Lee, M.D. who are medical doctors in family care emphasizing nutrition, healthy lifestyles, anti-aging and preventive medicine. The doctors use diet as a foundation and nutritional supplements as therapeutic agents. In their practice of alternative medicine, they also offer non-invasive therapy as an alternative treatment for cardiovascular disease.

Established in 1976, Preventive Medicine Group is located at 24700 Center Ridge Road, Suite #317, Cleveland, Ohio 44148. For further information, call (440) 838-0164 or fax (440) 871-1404.

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Maria Ann Patrick**

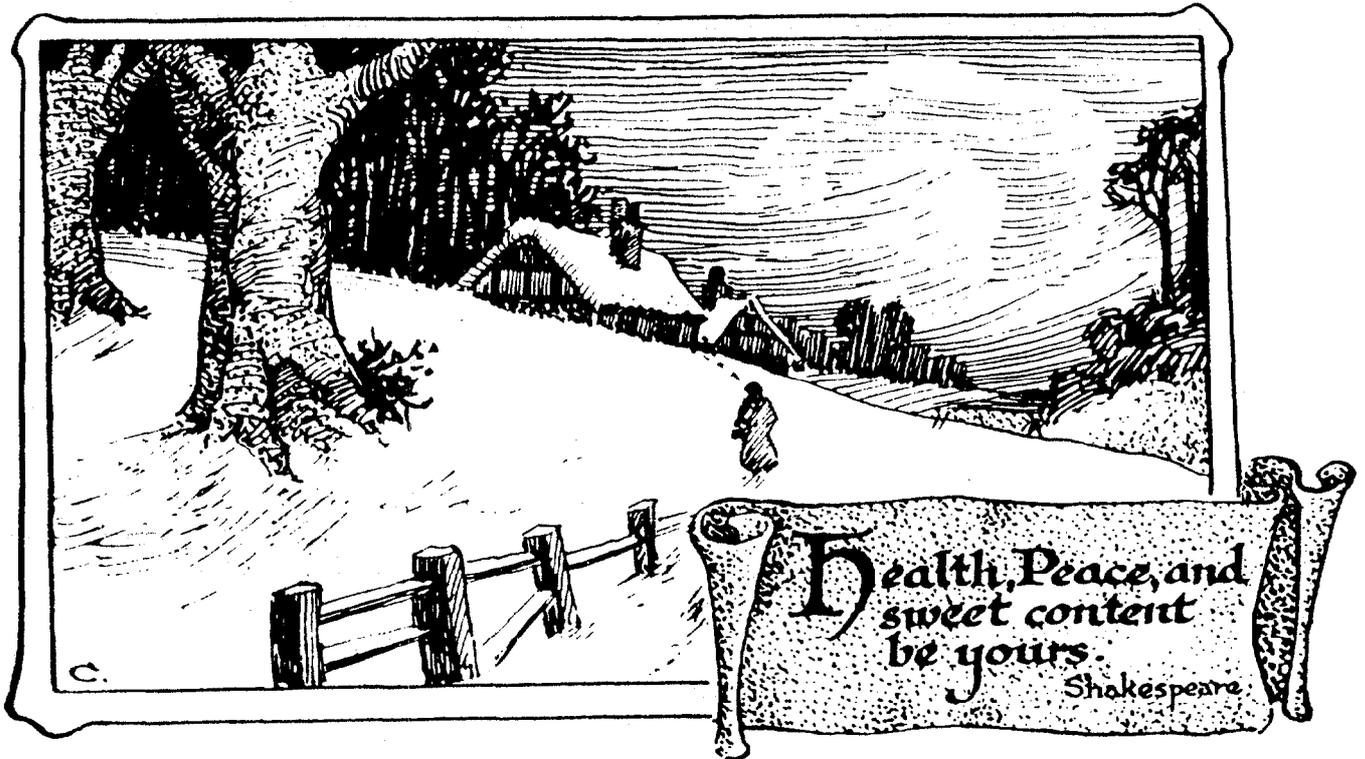
A member of the lily family, garlic is botanically known as *Allium Sativum*. The root word *Allium* comes from the Celtic for "pungent." Since ancient times, garlic has been considered good for health and prevention of disease and is called by some "a four thousand year old health food." Ancient traditional applications of garlic include it being used as a heart tonic, aphrodisiac, and digestive aid, as well as being used against inflammations, wounds, tuberculosis, asthma and leprosy. (It was also considered to be especially effective against vampires!) Garlic is mentioned in the Bible, in Homer's *Odyssey* and in ancient Chinese texts and has been found in the tombs of ancient Egyptians. In fact, one of the first written accounts of its medicinal use was found in a 1550 BC Egyptian medical papyrus. Europeans of the middle ages wore therapeutic necklaces made of heads of garlic strung together. Russian soldiers used it in the battlefields of World War II to treat infected wounds when antibiotics were in short supply. Throughout the world, garlic ranks as the most popular herbal cure-all and is one of the most researched plants. Since 1960, over 1,000 research papers have been published on garlic and its effect on heart disease, cancer and infectious disease resulting in a growing body of evidence showing garlic can help prevent a host of chronic diseases.

Garlic can enhance our body's immune system. In research, there has been a significant increase in phagocyte activity resulting in increased immune function after the consumption of garlic.

It has also been known to increase T-lymphocyte activity, macrophage action, interleukin-1 levels and natural killer cells action, all of which are signs of increased immunity.

Scientists from the New York Medical College reviewed numerous studies on the effect of garlic on blood cholesterol levels and determined that consuming one half to one clove of garlic daily reduces blood cholesterol levels by about 9-12 percent among people with high levels as compared to cholesterol-lowering medications which are considered effective if they reduce cholesterol 15 percent. Thus, two cloves of garlic per day might be as effective as some cholesterol medications in some people. In Germany, the government allows the garlic pills to be advertised as having cholesterol-lowering benefits. Although there have been some subsequent studies that failed to show that garlic lowered cholesterol, the mechanisms by which garlic has been shown to protect against cardiovascular disease also include preventing abnormal blood clot formation in blood vessels, protecting LDL cholesterol against oxidation and protecting the endothelial lining of the arterial system against oxidation. Animal and human research has indicated the herb may help to lower blood pressure. It is well-established that garlic inhibits platelet aggregation and blood clotting, which may help reduce the risk of heart attack and stroke. According to Varro E. Tyler, Ph.D., a recognized authority on herbs, a component of garlic called ajoene is at least as potent a blood thinner as

FOOD WILL BE THE MEDICINE OF THE FUTURE. (HIPPOCRATES)



WILL YOU WRITE A LETTER?

At last, the Food and Drug Administration has proposed an amendment to its nutrition labeling requirement to require that the amount of trans fatty acids in food be included in the Nutrition Facts panel on food product labels.

Trans fatty acids are made through the process of hydrogenation that solidifies liquid oils. Trans fat is found in shortenings, margarines, crackers, cookies, snack foods and other foods. It is widely found in processed, prepared packaged foods and fast foods. Recent studies indicate that consumption of trans fatty acids contributes to increased blood

LDL ("bad") cholesterol levels which are associated with increased risk of coronary heart disease. The FDA is proposing to provide for information on trans fatty acids in nutrition labeling and for limits on trans fatty acids for content claims and for health claims. This is an important public health matter.

The FDA is soliciting comments from the public on this proposed rule. Comments may be submitted through January to: FDA Dockets Management Branch, HFA-305, Food and Drug Administration, 5630 Fishers Lane, Room 1061, Rockville, MD 20852. This is

an important issue! Please act now. Take a moment and write a note or send a postcard to the FDA stating that you support labeling requirements for trans fatty acids.

Currently, the nutrition labels show total fat grams, saturated fat grams and unsaturated fat grams. What is not shown is the amount of trans fats. That figure is included in the existing figures. The problem with this is that it is now known that trans fatty acids are worse for the body than saturated fat. A person may be avoiding saturated fat and unknowingly consuming large amounts of trans fat.

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Save Lives! Spay/Neuter Your Pet



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