

Is Organic Always GMO Free?



Organic is *Usually* GMO Free

Buying 100% Organic, Certified Organic, and USDA Organic-labeled products is usually the easiest way to avoid genetically modified ingredients.

The United States and Canadian governments do NOT allow companies to label products “100% / Certified Organic” if they contain genetically modified foods.

More detail:

100% Organic: Must contain 100 percent organically produced ingredients (excluding water and salt). This is the only label that certifies a completely organic product AND completely GMO-free ingredients.

Certified Organic / USDA Organic / Organic: At least 95 percent of content is organic by weight (excluding water and salt). The <5% remaining ingredients must consist of substances approved on the USDA’s National List. GMOs are NOT on this list, so these products are also *usually* GMO-free.

Made with Organic: Up to 70% of the ingredients are organic. These products can NOT carry a “USDA organic” label and are NOT typically GMO-free.