

EXHIBIT 10

From: Orthomolecular Medicine News Service <omns@orthomolecular.org>
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To: sepp@lastrega.com
Subject: No Deaths from Vitamins

FOR IMMEDIATE RELEASE

Orthomolecular Medicine News Service, February 23, 2007

NO DEATHS FROM VITAMINS: Poison Control Statistics Prove Supplements' Safety

(OMNS Feb 23, 2007) There was not even one death caused by vitamins in 2005, according to the most recent statistics available from the US National Poisoning and Exposure Database. The 129-page annual report of the American Association of Poison Control Centers published in the journal *Clinical Toxicology* (1) shows zero deaths from multiple vitamins; zero deaths from any of the B vitamins; zero deaths from vitamins A, C, D, or E; and zero deaths from any other vitamin.

Over half of the U.S. population takes daily vitamin supplements. Even if each of those people took only one single tablet per day, that makes 145,000,000 individual doses per day, for a total of over 53 billion doses annually. Since many persons take additional vitamins, the numbers are considerably higher, and the safety of vitamins all the more remarkable.

Reference:

1. Lai MW, Klein-Schwartz W, Rodgers GC et al. 2005 Annual Report of the American Association of Poison Control Centers' national poisoning and exposure database. *Clin Toxicol* (Phila). 2006; 44(6-7): 803-932. Free download from <http://www.aapcc.org/Annual%20Reports/05report/2005%20Publsihed.pdf>. Vitamins statistics are found in Table 22, towards the end of the report.

For further reading:

Download any Annual Report of the American Association of Poison Control Centers from 1983-2005 free of charge at: <http://www.aapcc.org/annual.htm> The "Vitamin" category is usually at the very end of the report.

Nutritional Medicine is Orthomolecular Medicine

Linus Pauling defined orthomolecular medicine as "the treatment of disease by the provision of the optimum molecular environment, especially the optimum concentrations of substances normally present in the human body." Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information:
<http://www.orthomolecular.org>

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Here is further support to that already provided in "Use (Abuse) of Regulations to Protect Pharma Monopoly" that vitamins are safer than foods. Yet the regulatory bodies are going to protect us from these safe products, never mind the toxicity of drugs that are killing millions! Obviously safety is simply a ruse to protect their pharma buddies....

Chris Gupta

<http://tinyurl.com/2whk1c>

See also: REPORT OF THE INDEPENDENT VITAMIN SAFETY REVIEW PANEL

23 YEARS OF DOCUMENTED VITAMIN SAFETY

(OMNS, Feb 27, 2007) Over a twenty-three year period, vitamins have been connected with the deaths of a total of ten people in the United States. Poison control statistics confirm that more Americans die each year from eating soap than from taking vitamins.

Where are the bodies?

A 23-year review of US poison control center annual reports (1) tells a remarkable and largely ignored story: vitamins are extraordinarily safe.

Annual deaths alleged from vitamins:

2005: zero
2004: two
2003: two
2002: one
2001: zero
2000: zero
1999: zero
1998: zero
1997: zero
1996: zero
1995: zero
1994: zero
1993: one
1992: zero
1991: two
1990: one
1989: zero
1988: zero
1987: one
1986: zero
1985: zero
1984: zero
1983: zero

The zeros are not due to a lack of reporting. The American Association of Poison Control Centers (AAPCC), which maintains the USA's national database of information from 61 poison control centers, has noted that vitamins are among the 16 most reported substances. Even including intentional and accidental misuse, the number of alleged vitamin fatalities is strikingly low, averaging less than one death per year for more than two decades. In 16 of those 23 years, AAPCC reports that there was not one single death due to vitamins.

These statistics specifically include vitamin A, niacin (B-3), pyridoxine (B-6), other B-complex, C, D, E, "other" vitamin(s), such as vitamin K, and multiple vitamins without iron. Minerals, which are chemically and nutritionally different from vitamins, have an excellent safety record as well, but not quite as good as vitamins. On the average, one or two fatalities per year are typically attributed to iron poisoning from gross overdosing on supplemental iron. Deaths attributed to other supplemental minerals are very rare. Even iron, although not as safe as vitamins, accounts for fewer deaths than do laundry and dishwashing detergents.

References:

1. Annual Reports of the American Association of Poison Control Centers' National Poisoning and Exposure Database (formerly known as the Toxic Exposure Surveillance System). AAPCC, 3201 New Mexico Avenue, Ste. 330, Washington, DC 20016. Download any report from 1983-2005 here free of charge. The "Vitamin" category is usually near the end of the report.

2005 is here.

2004 is here.

2003 is here.

Other years are here.

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Andrew W. Saul, Editor and contact person. email: drsaul@doctoryourself.com.

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