

Danger of liver failure prompts manufacturer to revise labeling caution for ADHD drug.

Abbott Laboratories, the manufacturer of Cylert (pemoline) has issued an alert concerning this drug which is sometimes prescribed for the symptoms of ADHD.

The following is the revised warning now being provided with the drug:

"Because of its association with life threatening hepatic failure, Cylert should not ordinarily be considered as first line drug therapy for ADHD."

"Since Cylert's marketing in 1975, 15 cases of acute hepatic failure have been reported to the FDA. While the absolute number of reported cases is not large, the rate of reporting ranges from 4 to 17 times the rate expected in the general population. This estimate may be conservative because of under reporting and because the long latency between initiation of Cylert treatment and the occurrence of hepatic failure



may limit recognition of the association. If only a portion of actual cases were recognized and reported, the risk could be substantially higher."

"Of the 15 cases reported as of December 1998, 12 resulted in death or liver transplantation, usually within four weeks of the onset of signs and symptoms of liver failure."

"Treatment with Cylert should be initiated only in individuals without liver disease and with normal baseline liver function tests. It is not clear if baseline and periodic liver function testing are predictive of these instances of acute liver failure; however it is generally believed that early detection of drug-induced hepatic injury along with immediate withdrawal of the suspect drug enhances the likelihood for recovery. Accordingly, the following liver monitoring program is recommended: Serum ALT levels should be determined at baseline, and every two weeks thereafter."

Continued on page 4

Non-drug approach shows promise for helping adults with manic and bipolar depression.

The relationship between nutrition and behavior is slowly gaining the interest of some members of the medical establishment.

Omega-3 fatty acids, available in fish oil supplements, appear to have had a profound effect on helping people who suffer from some mental disorders. The promising results came during a clinical trial at Harvard University. The improvements were so favorable for those taking the fish oil, the study was stopped before completion, and omega-3 fatty acids were given to all of the 44 participants.

Fish oil is rich in the fatty acids,

which are believed to be vital for proper functioning of the brain, the eyes, the arteries, and virtually all parts of the body. They are essential in building and repairing cells.

Some researchers have found that in societies where fish is eaten frequently, there is a far lower incidence of depression.

The November 1998 issue of *Pure Facts* discusses the importance of the omega-3 fatty acids, and the probable

connection between fatty acid deficiency in American diets and learning/behavior problems.

A psychiatry professor reflected the reluctance of many doctors to consider non-drug approaches: "If told a year ago that people would be talking seriously about the role of diet and nutrition in manic depression and depression, I would have thought it was hokey. In fact, the science has gotten very interesting."

Moms write about their children

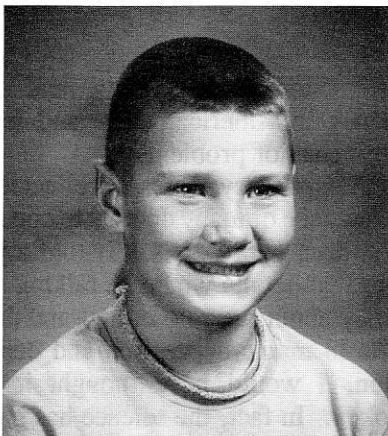
Joey

If you've seen the FAUS videotape, then you've met Joey Murphy and his family. His mom, Lynn, is our Executive Director and the proud parent of Joey, a finance major who has recently graduated from San Diego State University. She writes:

It was a proud moment seeing Joey in his cap and gown. It seemed like just a few years ago when he would go outside and ride his tricycle with no clothes on or it seems like only yesterday that he'd stick things up his nose. So when the music started and the lights in the arena dimmed I strained to see his tiny little face in the shadows and

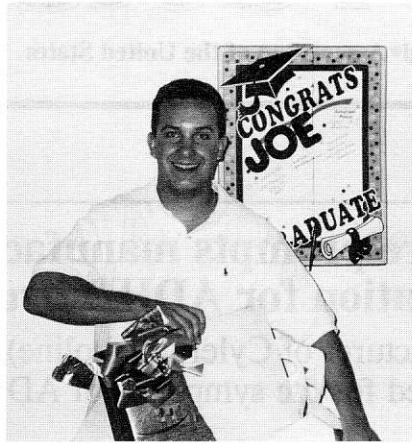
Joey is one of many Feingold success stories.

amid a sea of 1,500 graduates. But, a mother can always find her child, especially when he had inserted a glow-in-the-dark neon green necklace around each eye socket. When the audience whispered among themselves "Who is that kid with the electric glasses?" Joe, Lori and I looked at each other and could proudly say, "That's our Joey and how he has matured." At least he didn't light up his nose.



Aaron Brown

Diane writes that if he eats something he is sensitive to, the Ritalin has very little beneficial effect.



Joey Murphy

The new graduate opens one of the gifts he received from his proud family.

Aaron

This past winter, we received this note from one of our members:

My son, Aaron, was diagnosed ADHD 4 years ago and had been on many drugs which only helped a little. Thanks to you, he started school this year drug free after 4 years. Aaron basically stopped learning in 1st grade; now that he is a 5th grader he has a lot of catching up to do.

After 4 months on the Feingold Program he is probably at 2nd grade level of reading. I don't hear "I'm stupid" and "I hate myself" anymore. He's not perfect, but life has certainly improved for him and our family.

At least I don't hear "I'm stupid" and "I hate myself" anymore.

As he continues to learn and control his behavior, I can finally hope he will have a future. Is it possible that Ritalin stopped him from being able to learn? He was also on several other drugs, one containing aspirin, and two that were reacting against each other and giving him a lot of behavior problems. Thank you for all your help.

Diane Brown

another mom responds

Dear Diane,

I am so happy that we have been able to help you. As to your question about Ritalin, what it seems to do is "lock" the brain into a focused state. But the child will focus on whatever is in front of him, which may be his homework when lucky, but could just as well be his shoelaces.

My son (who was on Ritalin and then Cylert as a child) recalls the feeling as being one of "emptiness." Creativity and learning require a receptive state, or what is called "chaos" and not "focus," and children on Ritalin have difficulty entering that state. And, yes, having him on several other drugs just increases the side effects, and then the side effects of the drugs used to treat the first side effects, etc.

Creativity and learning require a receptive state.

It sounds like the school is working on helping him catch up, thank goodness!

Don't let them stop too early, because being behind the other children creates its own set of problems, as you undoubtedly know. Services like Sylvan Learning Center are also very helpful, and in some states they work through the schools as well.

Shula Edelkind

Update: Diane reports that Aaron continued to have some problems with his activity level and went back on a reduced dose of Ritalin. He is not on any other medicines. As long as he was careful about staying on the Feingold Program he did well in school and did not appear to have any negative side effects. They have tried various nutritional supplements, but have not found any so far that have worked as well as the Feingold/Ritalin combination.

Health Freedom – the Sinaiko case in California continues to unfold.

As this newsletter goes to press, the latest decision of the California Medical Board (not to be confused with the California Medical Association) is imminent. The following article appeared in the June 21 issue of *Medical Economics*, a magazine for physicians.

Why this case is important

The possible revocation of internist/allergist Robert J. Sinaiko's medical license, an issue now under review by the Medical Board of California, has produced an unlikely alliance of physicians -- including the California Medical Association -- consumer activists, and alternative health care advocates. Their angry contention is that the board has intruded upon the clinical prerogatives of competent physicians, misunderstood the difference between individual therapeutic investigation and clinical trials, misinterpreted the legality of off-label drug use, and in the process set its own narrow and inappropriate standard of care.



Colleagues who have dealt with Sinaiko professionally describe him as an honest and careful, if unconventional, physician. He has been subject to no other disciplinary action in nearly 30 years of practice and has become known for taking on exceptionally difficult cases. Other doctors, including conventional allergists, have referred their nonresponsive patients to him as a safe, last-chance option. And patients -- including parents reluctant to put their hyperactive children on Ritalin -- have spread the word of Sinaiko's treatment nationwide.

But California physicians who gave expert testimony against Sinaiko say the board's original decision was the right one. Sinaiko's therapies, they believe, are still too much on the fringe to be tolerated in a licensed doctor.

The case has fostered deep and bitter argument over acceptable medical practice and even simple science. For instance, the prosecutor dubbed the antifungal medication amphotericin B "amphoterrible" and "pharmaceutical plutonium," and called Sinaiko's use of it dangerous and experimental. In-

deed, the drug's intravenous form can be risky and is generally recommended for use only in potentially life-threatening fungal infections. But oral amphotericin B has been approved by the FDA since 1971. The capsule form -- what Sinaiko prescribed -- is considered no more dangerous than aspirin by physicians and medical researchers who were interviewed for this article.

Critics of Administrative Law Judge Ruth S. Astle's draconian recommendation in the Sinaiko case are disturbed by her and the prosecutor's apparent confusion over the leeway physicians have always had in deciding therapies for their individual patients vs. the stricter requirements for conducting formal clinical trials. They also feel the judge and prosecutor don't understand the legitimate off-label use of drugs -- hence the charge that Sinaiko "experimented" on his patients.



The CMA (California Medical Association), which takes no position on the efficacy of Sinaiko's therapy, objects to both the "tone and substance" of the decision. The judge and prosecutor, says the association [CMA], inaccurately broad-brushed the off-label use of drugs as inherently "dangerous," and they accepted the testimony of one of Sinaiko's direct competitors while dismissing the testimony of 10 respected California physicians. One was internist Philip R. Lee, former chancellor of the University of California, San Francisco, and twice assistant US Secretary of Health.

In an amicus curiae letter that the board has refused to consider officially, the CMA maintains that \$99,000 was a questionable use of public funds to prosecute a case in which no patient was harmed and in which "two conflicting but arguably legitimate segments of the medical

community are simply at odds as to the methods of diagnosis and treatment at issue...."

"The big red flag for us," says Sandra E. Bressler, CMA director of professional standards and quality of care, "was that off-label use of drugs was one reason for disciplining him for unprofessional conduct. That gave us considerable concern for all other physicians who do this commonly. It's really what got us into the case."



Meanwhile, many physicians simply feel that the board would have better spent its years-long investigation going after a doctor who more clearly needed to be curbed. "We don't want to stifle innovation and creativity; we don't want cookbook medicine," says Toni Brayer, an internist and chief of staff at California Pacific Medical Center in San Francisco. "Sinaiko certainly steps out of what we'd call evidence-based medicine. But he has the best interests of his patients in mind. I wouldn't refer to him, but neither do I think he needs to be punished by the medical board."

From: "Was this doctor 'unconventional' enough to lose his license?"

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The Medical Defense Fund is sorely in need of donations to help pay the enormous costs of preserving our health care freedom. Donations may be sent to:

Medical Defense Fund
PO Box 1565
Fontana CA 92334

For more information check out the web site: www.treatmentchoice.com.

Cylert warning, from page 1

"Cylert should be discontinued if serum ALT is increased to clinically significant level, or any increase greater than or equal to 2 times the upper limit of normal, or if clinical signs and symptoms suggest liver failure."

"The physician who elects to use Cylert should obtain written informed consent from the patient prior to initiation of Cylert therapy."

FDA will now require doctors to say: "I am giving your child Cylert. Here are its risks and benefits." But informed consent requires not two, but three elements: risks, advantages, and medically sound alternatives. By failing to require that parents be informed of proven, drug-free dietary strategies for ADHD, the FDA undermines meaningful patient choice and abides a dangerous deception.

Robert Sinaiko, M.D.

The following additional information is available on the Food & Drug Administration's Internet site:

www.fda.gov/medwatch/safety/1999/cylert.htm

"Cylert (pemoline) has a pharmacological activity similar to that of other known central nervous system stimulants....Although studies indicate that pemoline may act in animals through dopaminergic mechanisms, the exact mechanism and site of action of the drug in man is not known."

"There is neither specific evidence which clearly establishes the mechanism whereby Cylert produces its mental and behavioral effects in children, nor conclusive evidence regarding how these effects relate to the condition of the central nervous system."

"Cylert has a gradual onset of action. Using the recommended schedule of dosage titration, significant clinical benefit may not be evident until the third or fourth week of drug administration."

"Cylert is indicated in Attention Deficit Hyperactivity Disorder (ADHD). Because of its association with life threatening hepatic failure, Cylert should not ordinarily be considered as first line therapy for ADHD."

"Decrements in the predicted growth (i.e., weight gain and/or height) rate have been reported with the long-term use of stimulants in children. Therefore, patients requiring long-term therapy should be carefully monitored."

"Clinical experience suggests that in psychotic children, administration of Cylert may exacerbate symptoms of behavior disturbance and thought disorder."

"Patients should be informed that Cylert therapy has been associated with liver abnormalities ranging from reversible liver function test increases that do not cause any symptoms to liver failure, which may result in death."

"Since Cylert's market introduction, there have been reports of elevated liver enzymes associated with its use. Many of these patients had this increase detected several months after starting Cylert. Patients should be informed that the risk of liver failure in the general population is relatively rare; however patients taking Cylert are at a greater risk of developing liver failure than that expected in the general population."



"Serum ALT levels should be determined at baseline, and every two weeks thereafter."

"The interaction of Cylert with other drugs has not been studied in humans. Patients who are receiving Cylert concurrently with other drugs, especially drugs with CNS (central nervous system) activity, should be monitored carefully."

"Decreased seizure threshold has been reported in patients receiving Cylert concomitantly with antiepileptic medications."

"Studies in rats have shown an increased incidence of stillbirths and cannibalization when pemoline was administered at a dose of 37.5 mg/kg/day. Postnatal survival of offspring was reduced at doses of 18.75 and 37.5 mg/kg/day."

"Safety and effectiveness in children below the age of 6 years have not been established."

"Long term effects of Cylert in children have not been established."



In addition to reports of liver failure, hepatitis and jaundice, the following CNS effects have been reported with the use of Cylert:

"convulsive seizures; literature reports indicate that Cylert may precipitate attacks of Gilles de la Tourette Syndrome; hallucinations; dyskinetic movements of the tongue, lips, face and extremities; abnormal oculomotor function including nystagmus (involuntary rapid side-to-side movement of the eyeballs) and oculogyric crisis; mild depression; dizziness; increased irritability; headache; and drowsiness."

"Insomnia is the most frequent reported side effect of Cylert;...In the majority of cases it is transient in nature or responds to a reduction in dosage."

"Anorexia and weight loss may occur during the first weeks of therapy. In the majority of cases it is transient in nature; weight gain usually resumes within three to six months."

"Nausea and stomachache have also been reported."

"Cylert failed to demonstrate a potential for self-administration in primates. However, the pharmacologic similarity of pemoline to other psychostimulants with known dependence liability suggests that psychological and/or physical dependence might also occur with Cylert. There have been isolated reports of transient psychotic symptoms occurring in adults following the long-term misuse of excessive oral doses of pemoline. Cylert should be given with caution to patients who may increase the dosage on their own initiative."

Dessert treats to add to the lunchbox

There are some delicious new desserts to go back to school with your youngsters this fall.



"Great tasting products that just happen to be organic" is the slogan of Newman's Own Organics: The Second Generation. The faces you see on each package are those of Paul Newman and his daughter Nell. Newman's Own Organics is gradually expanding their line of foods, which began with organic pretzels (available in one ounce snack packs). Organic chocolates are packaged in several sizes, including the .3-ounce square, and in many varieties.

A newer addition is the Fig Newmans bar, similar to the well known Nabisco product, but made with all organic ingredients and free of the additives excluded from the Feingold Program. Their snack size fig bars are ideal for the lunch box or bag.

Health Valley products have been a familiar sight to nutrition-conscious families for more than 25 years. Like many manufacturers of natural foods, they are providing an expanding selection of foods that are similar to their supermarket counterparts, but without the unwanted additives.

Take your taste buds down Memory Lane when you try their new Vanilla Creme Sandwich Bars. Close your eyes and you will think it's a cream-filled snack cake from your (pre-Feingold) childhood.

Each of the six bars are individually sealed (though you might need to snip the end of the plastic packaging so your child will have an easier time opening it.)

Salicylate sweeteners in the bars make them a Stage Two food.



Those following wheat-free and gluten-free diets need not feel deprived when it comes time for a brown bag dessert.

Frookies, manufacturer of a large assortment of cookies and crackers, now has a line of all natural wheat and gluten-free cookies that are rich, moist and flavorful. In fact, you may want to buy some extra cookies as even the folks who can eat wheat will enjoy them.

Frookies offers the following wheat/gluten-free flavors: Double Chocolate, Chocolate Chip, and Peanut Butter Chunk.

Because they contain raisin syrup, the Double Chocolate cookies are Stage Two; the Chocolate Chip and Peanut Butter Chunk are both Stage One.

History and fun — vacationing in Virginia

Virginia, home of more presidents than any other state, is filled with history and ready to put out the hospitality mat throughout the year. True, summers are hot, and the northern portion of the state can occasionally be paralyzed by winter storms, but (with a rare exception) southern Virginia offers weather temperate enough that any time of the year is a good time to visit.

The Virginia theme parks operate during the summer months, and while they are fun, their food choices are not promising. Colonial



Williamsburg, by contrast, is an easier place for the family on the Feingold Program. One California family reported their successful experience with the restaurants affiliated with the Williamsburg Historical Association.

For more information on visiting Williamsburg, call 1 (800) HISTORY and ask for their information packet. It will describe all the facilities and events at this 18th Century oasis.

To find "safe" food on your vacation, refer to the book *Why Can't My Child Behave?*

Conference on Autism, Asperger's Syndrome

Sacramento, CA: On September 18 - 19 parents and professionals will have the opportunity to learn about new information and help for children with autism and Asperger's syndrome.

The Capitol Autism Spectrum Conference will feature **Dr. Tony Attwood** and **Carol Gray**, leaders in the area of teaching social skills to children with these deficits. Their workshop (September 18) is titled, "Making friends and social skills can be taught." Dr. Attwood is the author of *Asperger's Syndrome*, featured in the April 1999 issue of *Pure Facts*, which focused on Asperger's. Children with Asperger's do not generally appear to have autistic characteristics, but do have poor social skills, especially when they interact with their peers. [Contact the Virginia office of FAUS for back issues of *Pure Facts*. They are \$2.00 each. Call (703) 768-3287.]



On September 19 the following sessions will be offered:

Dr. Raun Melmed: Medical update with a special emphasis on studies on secretin

Dr. Liane Holiday Willey: Pretending to be Normal - ways for children and adults with autism/Asperger's to 'make it' in the world

Ticks - Spoiling the Summer Fun

There are some things you can do to minimize your family's chances of being bitten by ticks — without using toxic pesticides.

- Wooded and grassy areas tend to attract ticks, as do wood piles and other places that harbor rodents, on which the ticks prey.
- Dress in light colored, unpatterned clothing so the tiny insects (about the size of a pin head) will show up more readily.
- Tuck pant legs into your child's socks.
- If you use insect repellent, try spraying it on the children's clothing, not on their skin.
- If they have not imbedded into the skin you may be able to remove them with the sticky side of tape.
- If they have broken the skin, *Consumer Reports* advises you to carefully remove the tick with tweezers, positioning them as close as possible to the mouth of the tick. Try to prevent tearing the tick as this could expose you to disease-carrying organisms in its blood. Avoid handling the tick, and dispose of it.



- You may also get the tick to loosen hold by touching it with a drop of tincture of merthiolate.
- After the tick has been removed, disinfect the bite with rubbing alcohol.
- Diatomaceous earth, silica gel, insecticidal soap, citrus oils, and pyrethrum/pyrethrins are used to repel ticks.
- A company called Earthteck Corp. claims that their "Bug Banisher" helps to reduce ticks and other pests. It is a negative ion generator. For information call them at (800) 695-9956.

Michelle Winner: Developing problem-solving abilities and social skills

Dr. Lisa Lewis: Special Diets for Special Kids. You read about Dr. Lewis and the Autism Network for Dietary Intervention (ANDI) in the June 1999 issue of *Pure Facts*.

The conference is sponsored by Future Horizons, in cooperation with FEAT (Families for Early Autism Treatment). It will be held at the Hyatt Regency Sacramento at Capitol Park. For further information contact Future Horizons at 1 (800) 489-0727, www.FutureHorizons-autism.com.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lynn Murphy
Debbie Jackson
Kathy Brathy
Donna Curtis
Markey Dokken
Carolyn Grafton

Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a telephone Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/year.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (516) 369-9340.

www.feingold.org

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What a great idea!

Kristy Hibbs recently wrote to FAUS about the way she has found to help the Association raise much-needed funds.

"I work at a univeristy and we order a lot of material from Amazon.com. I have asked our order section to use your page (www.feingold.org) as a link to Amazon so you can receive donations each time we order.

"We order several thousand dollars worth of material each month from them!"

"I'm glad to be able to do this for your organization."

Thank you, Kristy. We hope other members and their friends will consider directing their orders via the web site too. Here's how it works: Go to the FAUS web site (www.feingold.org). You will find Amazon.com listed; click on it to enter the bookstore and see the books FAUS has selected. If you order one of these FAUS will receive a donation of 15%. All other books ordered will provide a 5% donation to FAUS.

Towson, MD

The Carl Pfeiffer Treatment Center staff will be in Towson, Maryland on August 23 through the 26th. This is an outpatient facility specializing in biochemical testing, diagnosis and individualized nutrient therapy. They focus on (but are not limited to) treating children and adults with the following conditions: ADD, ADHD, autism, bipolar disorder and schizophrenia.

The Center is affiliated with the non-profit Health Research Institute in Naperville, Illinois. For more information, or to schedule an appointment, contact their office at (630) 505-0300.

Salicylate sensitive child — Mom would like to swap information

Stephanie Troup has a very salicylate sensitive four year old son and a baby girl. She would like to be in touch via e-mail with others who are dealing with salicylate sensitivity. You can reach Stephanie at rwtroup@juno.com.

Corn allergy

Terry Doyle is looking for any Feingold members who are also working with a corn allergy. She would like to share ideas and information. You can e-mail Terry at: Terryhappy@aol.com or call her at (610) 328-1625 in Pennsylvania.

Thank You Thank You Thank You Thank You

...to Valerie Deptula for organizing a public informational meeting in California, Maryland. Valerie is the proud new owner of GOOD EARTH NATURAL FOODS, located in Leonardtown, MD.

The Good Earth is a popular spot in southern Maryland, with a devoted clientele. Valerie carries Feingold-acceptable foods as well as many specialty items for those on restricted diets. The store is open Tuesday through Sunday.

...to Pamela Wingert and the folks at KANKAKEE NATURAL FOODS in Bradley, IL for featuring information on the Feingold Program at their recent food & health fair. This popular store is now located off of Route 50 in Bradley, and their phone number is (815) 933-6236.

...to Sharon and Dan Schexnayder of Joliet, IL, who represented FAUS at both the Kankakee food festival and the recent conference in Oak Brook, hosted by the Developmental Delay Resources. DDR organizes conferences around the United States; for more information, call them at (301) 652-2263.

...Kathy and Colleen, for once again doing a fabulous job of developing the School Year Calendar. Watch for your copy in the mail. (The calendars are sent via bulk mail to USA members only).

Getting Acquainted

Laura Stimson, of Fort Myers, FL would like to meet other families in her area who are using the Feingold Program. She is a stay-at-home mom with a son age 6 and a 4 year old daughter. You can reach Laura at (941) 466-6970.

Allergic child — Mom needs help!

My son is allergic to: American cheese, cottage cheese, mozzarella, cow's milk, casein, blueberries, celery, chocolate, garlic, lactalbumin, lemon, papaya, Swiss cheese, tomatoes, walnuts, wheat, white potato. He is allergic to ALL outside elements except for our cat — thank heavens!

If anyone can be of help I would so appreciate it! Even sample menu ideas would help. I live in Michigan; my e-mail address is Halfwit3@juno.com and my phone number is (231) 369-3291. I look forward to hearing from you.

Carrie Krumlauf

FAUS Product Information Center Report

from Donna Curtis

Product Change

Parents please note: There are three stages of GERBER Peaches — 1st Foods do not have grape juice (a salicylate), but Gerber's 2nd and 3rd foods do.

Yogurts - many new choices are now available for Stage One diets

You may have noticed the notation "trace paprika" by a mayonnaise or salad dressing listed in Stage One of your Foodlist. FAUS has felt that the small amount of paprika found in these products would not cause problems for most members, but the use of the notation alerts members with strong salicylate sensitivities.

Most yogurts use a pectin which is derived from apples or citrus (including oranges). Since such a minute amount of salicylate is in the pectin, we are going to treat it as we do the trace of paprika. PIC is now going to list those yogurts in Stage One, provided they do not contain any other salicylate sources. These products will carry the notation "trace salicylate in pectin."

Yogurts being moved from Stage Two to Stage One include:

DANNON DANIMALS Arctic Pack: Vanilla, Lemon Ice (CS)

DANNON Fat Free Nonfat Yogurt: Plain

DANNON Lowfat Yogurt: Lemon, Plain, Vanilla

HORIZON* Yogurt: Plain, Vanilla, Vanilla Nonfat

LA YOGURT Sabor Latino Lowfat: Banana

STONYFIELD FARM* Lowfat Yogurt: Maple Vanilla (CS), Plain (CS), Vanilla (CS)

STONYFIELD FARM* Whole Milk Yogurt: Creamy Maple (CS), French Vanilla (CS)

STONYFIELD FARM* Nonfat Yogurt: French Vanilla (CS), Lotsa Lemon (CS)

WHITE WAVE* Silk Dairyless Yogurt: Key Lime, Lemon, Lemon Kiwi, Plain, Vanilla

PIC Report

The following products have been researched or re-researched and may be added to your Foodlist or mail order guide.

Stage One

CHEF PAUL PRUDHOMME'S Magic Gumbo File (a thickener used in Creole gumbos) *available retail or mail order by calling (800) 457-2857*

GLUTEN-FREE PANTRY (MO) Tapioca Bread Mix, Favorite Sandwich Bread Mix, Perfect Pie Crust, Muffin & Scone Mix, Crisp & Crumble Topping, Buttermilk Brown Rice Pancake Mix, Old Fashioned Cake & Cookie Mix

available by mail order; call (800) 291-8386.

You can also place orders via their web site -

www.glutenfree.com

NATURAL WONDER Deodorizing Bathroom Cleaner, Glass & Multi Surface Cleaner, Fresh-n-Clean Ultra Liquid, Fruit & Vegetable Wash
available by mail order; call (800) 655-ESPC or via the Internet at www.espesp.com

NEW MORNING* Mini-Bites crackers: Cinnamon Graham, Honey Graham, Lemon Graham

ST. CLAIRE'S* Lime Organic Tarts

Stage Two

BEEHIVE BOTANICALS* Propolis & Herb Throat Spray (cherries, cloves) *available mail order by calling (800) BEEHIVE*

CHEF PAUL PRUDHOMME'S Magic: Chiles (chili peppers), Salt Free Seasoning (paprika, bell, chili & red peppers), Seasoning Salt (chili & red peppers)

GLUTEN FREE PANTRY (MO) Nice 'n' Spicy Cake & Gingerbread Mix (cloves), Light Rye Style Bread Mix (orange peel)

KASHI* GO! (portable pre-cooked hot cereals):

Apple Spice, Banana Almond (apples),

Berry Tart (blackberries, plums, raspberries,

strawberries), Blueberry Bliss (plums),

Cherry Vanilla (apples, plums), Just Peachy

Frookwich Sandwich Cookies are now on Stage One!

All flavors of the FROOKIES Frookwich Sandwich Cookies are now Stage One! The company has switched from a fruit based sweetener containing grapes to a naturally milled sugar. They have completed our Inquiry Forms for these flavors: Chocolate, Vanilla, Duplex Vanilla & Chocolate, Peanut Butter, and Lemon.

You might be able to buy these cookies in your local supermarket; like many other natural products, Frookies are no longer limited to health food stores. Some supermarkets have a special section of "health foods" while others integrate the natural versions in with their other groceries. If your favorite store does not carry the products you want, request that they do.

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.