What is a GMO?
A GMO, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory using genetic engineering or transgenic technology. This creates unnatural combinations of plant, animal, bacterial and virus genes, and novel synthetic organisms that nature never intended.

How common are GMOs in our food supply?
An estimated 80% of conventional processed foods contain GMOs.

What are other common GMOs?
- Corn
- Soy
- Canola
- Papaya
- Zucchini
- Sugar Beets
- Cotton
- Meat, Dairy & Eggs (Due to GMO feed)

How can I avoid GMOs?
The Non-GMO Project believes everyone has a right to know what is in their food. The Butterfly means a product has been evaluated to ensure that it is compliant with our rigorous Standard, which includes ongoing testing for major high-risk ingredients.

Look for the Butterfly!