

ORGANIC vs NON-GMO CHEAT SHEET

A quick and dirty guide to the seals.

What are the benefits?



Prohibits GMOs in all aspects of farming and processing



Trustworthy way to avoid GMOs



Verification is maintained



Tests for GMO residue at multiple levels of production



Prohibits use of chemical/synthetic fertilizers and pesticides



Prohibits antibiotic and synthetic hormone use for animals



Regulated by federal law



Prohibits artificial coloring, flavoring and preservatives



Requires animals eat only organic feed and pasture



Both seals provide protection from genetically modified organisms (GMOs). However, to also avoid synthetic pesticides, antibiotics, artificial flavors and colors, choose products with the USDA Organic Seal.