

## Debunking claims of no long-term and independent GMO studies

One of the complaints I hear most is “there are no GM food studies done by independents, it’s all company sponsored.” The other one I hear a lot is “there are no long term studies.” Both of these claims are total BS. Here’s what I found after less than 30 minutes of diligent googling:

### [Assessment of the health impact of GM plant diets in long-term and multigenerational animal feeding trials: A literature review](#)

We examined 12 long-term studies (of more than 90 days, up to 2 years in duration) and 12 multigenerational studies (from 2 to 5 generations). ... The studies reviewed present evidence to show that GM plants are nutritionally equivalent to their non-GM counterparts and can be safely used in food and feed.

### [A three generation study with genetically modified Bt corn in rats: Biochemical and histopathological investigation](#)

This study was designed to evaluate the effects of transgenic corn on the rats that were fed through three generations with either GM corn or its conventional counterpart. Tissue samples of stomach, duodenum, liver and kidney were obtained for histopathological examinations. ... No statistically significant differences were found in relative organ weights of rats within groups but there were some minimal histopathological changes in liver and kidney.

### [Effects of long-term feeding of genetically modified corn \(event MON810\) on the performance of lactating dairy cows](#)

A long-term study over 25 months was conducted to evaluate the effects of genetically modified corn on performance of lactating dairy cows. Thirty-six dairy cows were assigned to two feeding groups and fed with diets based on whole-crop silage, kernels and whole-crop cobs from Bt-corn (Bt-MON810) or its isogenic not genetically modified counterpart (CON) as main components. ... Milk yield (23.8 and 29.0 kg/cow per day in the first and the second lactation of the trial) was not affected by dietary treatment. There were no consistent effects of feeding MON810 or its isogenic CON on milk composition or body condition. Thus, the present long-term study demonstrated the compositional and nutritional equivalence of Bt-MON810 and its isogenic CON.

**Read the full, original article:** [A survey of long-term GM food studies](#)