

## GLP Podcast: Non-GMO Project targets synthetic biology; What do our genes do? Time to toss your multivitamin?

**T**he Non-GMO Project has targeted synthetic biology on behalf of consumers, but does the public really need protection from a technology that promotes sustainable food production? DNA sequencing technology has given scientists an unprecedented look at the function of our genes. What have they found thus far? Is it time to give up daily multivitamins? A new paper indicates that these supplements aren't doing much to improve public health.

**Join geneticist Kevin Folta and GLP contributor Cameron English on episode 176 of Science Facts and Fallacies as they break down these latest news stories:**

- [\*\*Viewpoint: The disinformation-promoting Non-GMO Project takes on synthetic biology on behalf of the consumer. Are they really on your side?\*\*](#)

Synthetic biology enables scientists to produce mass quantities of ingredients used in a variety of foods, even dairy proteins utilized to make “animal-free” ice cream. The Non-GMO Project has taken exception to this development, warning consumers that they have a new source of “GMOs” to worry about. The project's assertion does not stand up to careful scrutiny.

- [\*\*A map of the human genome shows the function of every gene we know so far\*\*](#)

Thanks to CRISPR-Cas9 gene editing, researchers can tweak specific bits of DNA and observe the impact of those changes in real time using modern sequencing techniques. The technology has helped produce a remarkably detailed map of the human genome, helping us gain a better understanding of the functions our genes play.

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- [\*\*Rethink your daily multivitamin: Most vitamin supplements likely useless at preventing cancer or strokes\*\*](#)

Are multivitamins useless? For many of us, the answer might be “yes,” according to the results of a recent meta-analysis. After surveying the available evidence, the researchers concluded that only pregnant women and people with diagnosed vitamin deficiencies and other health conditions may benefit from daily supplementation. Is it really time to throw out our multivitamins?

**Kevin M. Folta is a professor, keynote speaker and podcast host. Follow Professor Folta on Twitter [@kevinfolta](#)**

**Cameron J. English is the director of bio-sciences at the [American Council on Science and Health](#). Visit [his website](#) and follow ACSH on Twitter [@ACSHorg](#)**