DO GMOs HARM HEALTH?

GMOs are relatively new. Naturally, people wonder whether GMO plants and the foods that contain them are safe to eat.

- GMOs have been very heavily studied, and there is no evidence that eating GMOs harms humans.

- We have been eating GMOs for more than twenty years. No health issues related to genetically modified organisms have arisen in this time.

- Are there health benefits to eating GMO foods? Not today. But scientists are doing research to explore the possibility.