



Vegetarian Supplements

The PIONEER® Position

Over decades of private practice, the PIONEER® clinicians have heard remarkably diverse definitions of the term “vegetarian.” These definitions run the gamut from a diet consisting only of raw fruits to a diet that actually includes meat, as in the case of a “vegetarian” who eats fish and chicken!

There are as many definitions as there are reasons for being a vegetarian. For many, food is not a neutral issue. Some vegetarians place great emphasis on the ethics and morality of non-killing and non-harming while others are only concerned with health issues. Some link food with social and political consciousness related to issues of inappropriate use of grazing land, animal treatment and economic control by large corporations over the food supply. For certain vegetarians, all of these issues together are important, while others may focus on the one or two aspects that are most meaningful for them. Ultimately, each individual vegetarian will make consumer choices based on his or her own personal health requirements, ethics and value systems.

A working definition of “vegetarian.”

As providers of nutritional supplements, our concern is to define “vegetarian” based on the dietary aspects of the term rather than its socio-political implications. There currently exists no governmental or FDA definition of the word “vegetarian,” nor does there exist a unified standard within the supplement industry regarding the use of the term. With this in mind, PIONEER considers the term “vegetarian” to mean a person who does not consume any animal, be it mammal, fish, or bird. While the vegetarian diet consists of primarily non-animal source foods, it may include eggs and/or dairy products (“ovo-lacto vegetarian,” “ovo-vegetarian,” and “lacto-vegetarian”) as well as honey. We consider a vegetarian who eats no eggs, milk products or any other animal source food, a “strict vegetarian” or a “vegan.”

Animal-free supplements? Four factors to consider...

1) Testing.

Although PIONEER does absolutely no testing of our products on any animals, the fact remains that over the past half century, virtually every vitamin and mineral, as well as many herbs and other nutrients have been used in animal studies to determine their effectiveness and safety.

2) Raw Materials.

Occasionally, the manufacturing agents used in supplement production may be derived from animal sources, while some raw ingredients, such as calcium hydroxyapatite, most glucosamine and omega-3 EPA/DHA oils are directly derived from animal sources.

Sometimes the starting raw material for a nutrient may have originally come from an animal source but through the many steps of its purification, virtually no trace of animal protein or other constituent identifiable as coming from an animal remains in the finished product. An example of this is lanolin, which is used as a raw material to synthesize vitamin D₃. Lanolin comes from the wool of living sheep who are not harmed during the shearing process, thus lanolin-derived vitamin D₃ provides, in our opinion, an excellent vegetarian source of this nutrient.

3) Final Product.

PIONEER believes it extremely unlikely that in its finished form, vitamin D₃ derived from lanolin retains even the slightest trace of animal material. Vitamin D₃ is highly synthesized using multiple steps and, according to manufacturing chemists, there is not even one molecule of lanolin in lanolin-derived, USP grade vitamin D₃. Nevertheless, some strict vegetarians may prefer to consume supplements that have never involved animals in any way. Such individuals might seek out supplements made with vitamin D₂ (the form used by PIONEER in our **Vegetarian Calcium Magnesium** formula), because vitamin D₂ is synthesized from plant sources.

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Vegetarian options exist for many vitamins and minerals that are commonly derived from animal sources, but for certain nutrients, there may exist no comparable, *researched* vegetarian substitute, such as in the case of chondroitin (from cartilage).

4) Sourcing ethics.

In the supplement industry, it is rare for an animal's life to be taken for purposes of harvesting raw materials for supplements. Animals are usually killed for their meat or other economic interests, and more often than not, the parts used in supplements might otherwise be discarded (e.g. calcium hydroxyapatite from freeze-dried cattle bone).

The PIONEER® Position

As a supplement product line committed to promoting global wellness, PIONEER NUTRITIONAL FORMULAS is sensitive to the suffering of all beings. Therefore, we make every effort to produce high quality supplements using vegetarian raw materials whenever possible. Although this is not always feasible, the choices we make in each formulation reflect a considered balance between the real needs of our customer's health and the health of our fragile planet and its living creatures.

PIONEER® VEGETARIAN FORMULAS

The following PIONEER® products are 100% STRICTLY VEGETARIAN. All ingredients, manufacturing agents and even the capsules themselves come from non-animal sources.

- *I+ Vitamin Mineral* TABLET
- *I+I Vitamin Mineral* CAPSULE
- *Chewable Vitamin Mineral*
- *Children's Multi*
- *Vegetarian Calcium Magnesium*
- *Ipriflavone Calcium Magnesium*
- *Antioxidant Complex*
- *B Complex Stress Formula*
- *Vitamin C Complex* (500 mg & 1000 mg)
- *CoQ10 Complex* (60 mg & 120 mg)
- *Comprehensive Heart Health*
- *Menopause Women's Transition*™
- *Supertonic Energy Formula*

The following PIONEER® product is VEGETARIAN. It contains an ingredient that was derived from a non-meat animal source, as specified.

- *Prostate Health*
("other ingredient" beeswax)

For more information
or to request additional copies:
800.247.6505
www.pioneernutritional.com

