

**Re: Food Supplements Directive (2002/46/EC)**

Dear

As a constituent of yours, I wish to register my strong objection to:

1. The restrictions which this European Directive will impose on my rights as a consumer - a clear case of EU over-regulation yet again.
2. The Irish government's suggestion that under this Directive vitamins and minerals currently available should be reduced to extremely low levels, despite their 40-year record of safe usage in this country, as well as in the UK and the Netherlands.

Our government has recommended that, under this directive, I should not be permitted to self-select food supplements at strengths above the Recommended Daily Allowance (RDA). This would mean, for example, that Vitamin C would only be available at 60mg instead of levels of 1,000mg and above, *representing a reduction of over 90% in dosage*, despite thousands of scientific studies that testify to the safety of Vitamin C at higher levels.

Substances currently permitted on open sale such as cigarettes and alcohol actually damage health, so where is the logic? Nutrient supplements are not dangerous. On the contrary, a *deficiency* of nutrients could seriously damage my health.

As a constituent of yours, I appeal to you to do all in your power to ensure that both Minister Harney and the European Commission respect and retain my basic rights as a consumer to maintain my health as I see fit.

**This level of over-regulation does not encourage Irish citizens to view the European project in a positive light.**

I look forward to receiving your response

Yours sincerely

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