

## submissions

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**From:** Brian & Julie [REDACTED]  
**Sent:** Tuesday, 27 January 2015 1:28 PM  
**To:** standards management  
**Subject:** Proposal P1016 - Hydrocyanic Acid in Apricot Kernels & other Foods  
**Attachments:** Proposal P1016 Apricot Kernels.doc

**Follow Up Flag:** Follow up  
**Flag Status:** Completed

Hi there

I did try to put in a submission using your online form. I did not receive the following message upon completion:  
"Thank you for your submission! A formal acknowledgement will be sent to you from [standards.management@foodstandards.gov.au](mailto:standards.management@foodstandards.gov.au) when your submission has been processed."  
Hence my email to you now.

My submission asks the question - Whatever happened to personal responsibility? People have to be responsible for their own choices. We must teach our society that on so many levels.

What are you planning to do ban all the other foods that contain the same compound as well? Please see my attachment and the references used.

Kind regards,

Julie Noakes

[REDACTED]

[REDACTED]

## submissions

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**From:** standards.management@foodstandards.gov.au  
**Sent:** Tuesday, 27 January 2015 1:10 PM  
**To:** standards management  
**Subject:** FSANZ: Applications and Submissions - Submission [SEC=INCONFIDENCE]  
**Attachments:** Proposal P1016 Apricot Kernels.doc



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

### FSANZ: Applications and Submissions - Submission

Tuesday, 27 January, 2015

1. **Assessment Report Number:** P1016
2. **Assessment Report Title:** Proposal P1016 - Hydrocyanic Acid in Apricot Kernels & other Foods
3. **Organisation Name:** Julie Noakes
4. **Organisation Type:** Individual
5. **Representing:** Self
6. **Street Address:** [REDACTED]
7. **Postal Address:** As Above
8. **Contact Person:** Julie Noakes
9. **Phone:** [REDACTED]
10. **Fax:** nil
11. **Email Address:** [REDACTED]
12. **Submission Text:** PLEASE SEE: <http://www.canceractive.com/cancer-active-page-link.aspx?n=512> So what is B-17? Open quotesEvery area of the world supporting vegetation has such plantsClose quotes B-17, or amygdalin, is a naturally occurring compound. In fact it is slightly wrong to think of it as a single entity like, say, vitamin C. There is a group of approximately 14 compounds that are water-soluble and found naturally in over 1,200 species of plant in the world. Every area of the world supporting vegetation has such plants. The active ingredients are often described as nitrilosides or beta-cyanogenetic glucosides and there are at least 800 foods common in worldwide diets that are nitrilosidic. Nitrilosidic foods include: alfalfa sprouts, bamboo shoots, mung bean sprouts barley, buckwheat, maize, millet blackberries, currants, cassava, cranberries, gooseberries loganberries, quince, raspberries, strawberries, yams brown rice, fava beans, lentils and many pulses like kidney beans, lima beans and field beans flax seed, linseed pecans, macadamia nuts, cashews, walnuts watercress, sweet potato almonds and the seeds of lemons, limes, cherries, apples, apricots, prunes, plums and pears. In fact all the foods we don't eat too much of these days!! SO WHAT ARE WE GOING TO DO - BAN ALL OF THESE FOODS FOR SALE IN HEALTHFOOD SHOPS AND SUPERMARKETS TOO? The consumption of barley, buckwheat and millet have given way to refined wheats, while pulses like lentils, which accounted for 30 per cent of our protein in 1900, now account for only 2 per cent. Primitive tribes around the world still base their diets around B-

Taken from: <http://www.canceractive.com/cancer-active-page-link.aspx?n=512>

## So what is B-17?

“ Every area of the world supporting vegetation has such plants ”

B-17, or amygdalin, is a naturally occurring compound. In fact it is slightly wrong to think of it as a single entity like, say, vitamin C. There is a group of approximately 14 compounds that are water-soluble and found naturally in over 1,200 species of plant in the world. Every area of the world supporting vegetation has such plants.

The active ingredients are often described as nitrilosides or beta-cyanogenetic glucosides and there are at least 800 foods common in worldwide diets that are nitrilosidic.

Nitrilosidic foods include:

- alfalfa sprouts, bamboo shoots, mung bean sprouts
- barley, buckwheat, maize, millet
- blackberries, currants, cassava, cranberries, gooseberries
- loganberries, quince, raspberries, strawberries, yams
- brown rice, fava beans, lentils and many pulses like kidney beans, lima beans and field beans
- flax seed, linseed
- pecans, macadamia nuts, cashews, walnuts
- watercress, sweet potato
- almonds and the seeds of lemons, limes, cherries, apples, apricots, prunes, plums and pears.

In fact all the foods we don't eat too much of these days!!

The consumption of barley, buckwheat and millet have given way to refined wheats, while pulses like lentils, which accounted for 30 per cent of our protein in 1900, now account for only 2 per cent.

Primitive tribes around the world still base their diets around B-17-rich foods. Cassava, papaya, yam, sweet potato in the tropics; unrefined rice in the Far

East; seeds and nuts in the Himalayas; the salmon-berry eaten by Eskimos,  
or the arrowgrass of the arctic tundra feeding the caribou.