



October 4, 2012

Dear Friends of Mary's Gone Crackers:

We have heard from some of you concerned about the arsenic levels in our products. There have been several stories in the media recently about rice being one of the food sources with a high level of arsenic, and all of our products contain either organic whole brown rice (crackers and pretzels) or organic brown rice flour (cookies.)

This is an opportunity for Mary's Gone Crackers to continue to be transparent with our customers, a practice we have always followed. The issue of arsenic in our food is complicated. I will discuss what I have gleaned from the research I have done and we are also offering an article from the Organic Trade Association, of which we are members, for you to get a deeper picture.

What I have learned, which this article also mentions, is that the highest source of arsenic in rice comes from the rice grown in the Southeastern part of the U.S., where cotton had previously been grown. The soil there is full of arsenic from the chemical pesticides put on the cotton crops and rice is the kind of plant that more readily absorbs arsenic if it's in the soil. California, which is where we get all of our rice, has the lowest levels of arsenic in the soil. Arsenic levels found in people's blood are highest in Asian countries, where rice is a staple in their diet.

You are right to be concerned about toxins in our food. We have poisoned our soil (and are continuing to do so) and there isn't much that we are eating that is 100% safe. Eating a varied diet; choosing organic; reducing refined, empty foods such as sugar, high fructose corn syrup, GMO ingredients, and white flour; drinking clean water, exercising, keeping your immune system strong—all the things we hear about all the time—are the best defenses in a toxic world. Our products all contain rice but they also contain a variety of other grains and healthful ingredients, so we believe that Mary's Gone Crackers is still a good choice for a balanced, healthy diet.

I hope you find this information helpful. As always, we love hearing from our customers and would be happy to answer any further questions that you may have.

Sincerely,

A handwritten signature in black ink that reads "Mary Waldner". The signature is written in a cursive style.

Mary Waldner
Founder