

## submissions

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**From:** Heather Howard [REDACTED]  
**Sent:** Tuesday, 10 February 2015 7:59 AM  
**To:** submissions  
**Subject:** Proposal P1016 - Hydrocyanic Acid in Apricot Kernels & other Foods

Dear sir/madam,

I am writing regarding proposal P1016 regarding apricot kernels.

I and my family have consumed apricot kernels for approximately 13 years now as our forebears did. We have **never** suffered any ill effects. My mother (now 87 years old) and grandmother also consumed the kernels without any ill effects whatsoever.

Our food is degraded enough in quality without restricting people further in their choices to consume a healthy diet that is nutrient dense. One wonders with these proposals what the real purpose is? Is it to continually keep people in a state of ill health? One wonders indeed!

I quote here in part from Australian Vet Journal, 100:92, 1944. Sheep fed the equivalent of 8-10 mg of HCN (hydrogen cyanide) per kilo per day as linseed meal showed no toxic effect whatsoever. Sheep weighing 66 kilo were intravenously administered a 3 hour dose of 2.7 gms of B17 yielding 300 mgs of HCN.

Quote from NZ journal of science & technology 29/2/1949. NZ researchers Coop and Blakely reported that..."at no time during the experiment were even the slightest symptoms observed." A total of 568 mgs of HCN was given to 76 kgs sheep in the course of an hour. The only symptom the animal showed was 'a general sleepiness for an hour'.

Van der Walt failed to produce chronic poisoning in sheep even after 3.2 mgs HCN/kilo for two years.

Worden showed the repeated dosing in Rabbits does not produce a cumulative effect and the animal is capable of eliminating excess B17 with 2.5 hours.

Please think wisely, the health of NZers who choose consciously a healthy way of life is their human right and to be free of unnecessary restrictions on their choices.

Regards

Heather Howard  
[REDACTED]

