



APEF NEWSLETTER N° 1

18-12-2009

Association for the Promotion
of Leaf Concentrate in Nutrition *



APEF NEWSLETTER ... AT LAST !!!

APEF can be justifiably proud of the results achieved during its 16 years of existence. Our foremost aim was to demonstrate that the nutritional content of lucerne leaf concentrate (LLC) – proteins, vitamin A and iron especially, but also calcium, magnesium and folic acid – has a significant effect against a spectrum of health disorders related to qualitative food deficiencies. Such disorders include anaemia, problems with vision, weakening of the immune system (including in people with HIV) and physical and mental underdevelopment, especially in children. To date, some 500 tonnes of LLC - that is, approximately 60 million daily portions - have already been distributed by APEF. More than 50,000 people across the world, the majority school-age children, but also expectant or nursing mothers and infants, consume LLC every day.



LLC distribution in Burkina Faso
- Enfants du Monde -

However, we have been aware for a long time that our promotion of the concept of leaf fractionation in human nutrition, following in the footsteps of the British, Indian

* Association pour la Promotion des Extraits Foliaires en nutrition (APEF). Non-profit Association governed by the [French] law of 1901 and registered in Paris under No.93/2617. Website : www.nutrition-luzerne.org. Newsletter edited by : APEF, 8 rue d'Athènes F-75009 PARIS, Director of publication : F.C. Richardier, Secretary of the association. E-mail : apefnutrition@yahoo.fr.

and American pioneers, deserves infinitely greater means, both human and financial, than we are currently capable of bringing together. The long delay in producing this first newsletter is a concrete reflection of this!

We also know that this situation is above all linked to a chronic lack of awareness. Despite the efforts of the past, APEF still has not been able to attain the “critical mass” and the gravitational force to attract the goodwill, skills and finance needed to carry out our “mission to study, research, develop, promote, evaluate and use LLC in the field of nutrition and in particular in the struggle against malnutrition” (*APEF statute, 1993*).

Our priority today is therefore to improve our communication, in both quantity and quality. We think we can progress with our current resources, and we hope that the rest - the goodwill, the skills and the finance - will follow.

A first step is the publication of a newsletter addressed to all our supporters. Not on a regular basis - we still don't have the resources - but whenever an item of news justifies one.

The excellent news that we bring to your attention today is just such an item and we thought there could no better opportunity to launch our first Newsletter!

EUROPEAN AUTHORISATION ... AT LAST !!!

Leaf fractionation was first practised by Rouelle more than 200 years ago ...

Over the last fifty years, intensive research into all aspects of the production, biochemistry and toxicology of LLC, and the impact of these on its consumption, has been conducted in numerous countries first by APEF's predecessors and now by APEF itself. The results have all indicated the harmless nature of the product and have demonstrated the variety, extent and speed of the benefits resulting from its consumption, as is recorded in many scientific publications.

However, to this day not a single government, agency of the United Nations or international NGO has been willing to get involved in a trial or large-scale study.

One of the principal reasons for this is the fact that the consumption, or at least the sale, of LLC has not been authorised in France, even though this country is both producer and exporter of the product.

Now, at its session on 13th October 2009, **the European Commission authorised LLC to be put on the European market as a novel food or food ingredient** under rule no. 258/97 of the European Parliament and Council. The text of the decision was published in 23 languages in the Official Journal of the European Union no. L294 on 11th November 2009. Here are the links to the [French](#), [English](#) and [Spanish](#) versions.

European authorisation constitutes a major opportunity to see, at last, the wide-scale adoption of the principle of leaf fractionation, whose consequences, long-term, could be as significant as the popularisation of the potato in the 18th century.

This great news is a tribute to the 10 years of hard work by professionals working with lucerne. The application was initially submitted by “France Lucerne” in 1999 and has been carried through, with remarkable perseverance, since 2006 by LRD (Luzerne Research & Development), which represents the main Lucerne producers in Champagne-Ardenne.



LLC distribution in Burkina Faso
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APEF, for its part, has contributed usefully to the application, working with the Competent Authorities of the 27 member states of the EU, to try to ensure that the malnourished populations of countries in need will remain the major beneficiaries of a decision whose implications extend well beyond the borders of Europe.

We believe that this authorisation will strongly stimulate interest in LLC and leaf fractionation more

generally in developing countries. Indeed, the majority of them were waiting for the EU decision before seriously turning their attention to this subject. The United Nations agencies, the large NGOs and the funding organisations involved in the struggle against malnutrition have done exactly the same.

The prospects for the development of the concept have probably never been more favourable, with the almost unanimous awareness of the importance of managing the planet in a more sustainable way and of the need to develop innovative solutions to achieve, simultaneously:

- a decrease in the ecological cost of human activities and of the production of food in particular;
- an increase in this production in an attempt to stop the reduction in food security in poor countries or in situations of conflict.

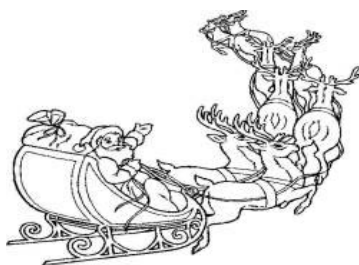
In these circumstances, it is APEF's duty to pursue with determination our approaches to our usual partners and, above all, to try to grow and realise our aims in the promotion of the consumption of LLC in schools, health care structures, etc... in countries in difficulty, and in supporting local production projects where conditions allow.

Specifically, we plan to:

- re-establish, thanks to the EU authorisation, our contacts with Health Ministries, Health Services and research centres in countries interested in LLC; United Nations agencies (FAO, WHO, UNICEF); large international NGOs; producers of LLC, commercial organisations, financial institutions etc. ... to inform, to learn and to create opportunities;
- collect, organise, centralise and, if possible, translate existing documentation on leaf fractionation in general and on LLC in particular, so that we can effectively provide information to the increasing numbers of people and organisations that we contact and who contact us;
- review our work in order to improve our range of reliable solutions to technical, nutritional and organisational problems ... appropriate to the diverse climatic, economic, nutritional and socio-political contexts existing in the countries interested in the concept;
- approach other organisations involved in the consumption or production of leaf extracts, and others working in parallel fields (e.g. spirulina, moringa) with a view to collaborating in a network.

More detailed descriptions of our projects, our successes and our challenges will be the subjects of future newsletters!

**FOR NOW, APEF HOPES YOU HAD A VERY HAPPY CHRISTMAS
AND WISHES YOU AN EXCELLENT 2010!!**



To reach its objectives, APEF will have to enlarge the range of skills on which it relies in the diverse fields of expertise required (human and animal nutrition, agronomy, technical development of machinery, compiling project documents, translating, technical and artistic input to its website, communication, etc ...)

If you possess any of these skills and have some time to spare, and you'd like to help us, please don't hesitate to contact us by email at fcr270@yahoo.fr or by telephone on +33 (0)474 90 77 22.

You can also help us by making a donation, however small.

APEF is, for the moment, a small organisation, consisting solely of volunteers. If you wish to support us, you can therefore be assured that your donation will not in any way be reduced in order to finance the overheads or research costs, which are sometimes significant in large NGOs. 100% of your donation will go towards "productive" activities.

Donations will primarily be used to finance the various nutritional trials that we support and conduct, in order to demonstrate the benefits of LLC or to explore its effects in particular situations (e.g. people living with HIV/AIDS). But your donations may also be directed towards the development of, for example, equipment necessary for the production of LLC (at family or village level), or to create and test new ways of consuming LLC (e.g. biscuits, emergency ready-to-eat foods ...)

If you are a French taxpayer, in accordance with Article 200 of the penal code of taxes, a tax receipt will be issued to you. It will enable you to benefit from a reduction in tax equal to 66% of the amount of your donation, up to a limit of 20% of your taxable income.

Thus, if you make a donation of 100 € it will actually cost you only 34€ taking the allowance into account.

I support the actions of APEF in making a donation. Please find herewith a bank cheque (payable to APEF) in the amount of ...:

15 € 30 € 50 € 75 € 100 € Other amount:

Name : First name :

Address :
Zip code : Town : Country :

Please return this form to APEF's Treasurer at the following address:

Bernard LECLERCQ, 14 rue Chantereine 51140 TRIGNY

Here are the addresses of some friends who might be interested in your newsletter:

@

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