



The Gelatine Information Center is a Service  
of the Gelatine Manufacturers of Europe (GME)

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HEIKE DRECHSLER, ATHLETIN



What's your opinion about gelatine, Ms. Drechsler



**Gelatine-Compass:** Ms. Drechsler, as an Olympic champion and World champion in the long jump, you have remained amazingly fit over the years while enjoying numerous successes. Do you have a secret recipe?

**Heike Drechsler:** *Top athletes, who want to maintain and even improve their level of performance, should never lose sight of certain things: health, fitness and diet. You have to be sure to eat properly all the time.*

**Gelatine-Compass:** Do you follow a certain nutritional program to ensure that your body gets what it needs for top performance?

**Heike Drechsler:** *My recipe for success is my training program coupled with a balanced diet, a positive attitude and my fighting spirit. I eat only healthy foods. As a high-per-*

*formance athlete, for example, I consider gelatine to be an indispensable source of nutrition.*

**Gelatine-Compass:** What benefits does gelatine give you?

**Heike Drechsler:** *Gelatine is an easily digested nutritional protein that the body can make good use of. It contains nine of the ten essential amino acids which are vital to our health. Being a fat, cholesterol and carbohydrate-free food, gelatine is a well-rounded source of nutrition. Two factors are especially important for me as an athlete: gelatine is very beneficial in combating joint ailments and the natural wear and tear on joint cartilage. Sport can be very hard on joints and with athletes exposing their joints to high levels of stress they need a special protein. Gelatine meets this need. This natural food also has a second, welcome effect: it gives me firmer, smoother skin, radiant hair and stronger fingernails.*

**Gelatine-Compass:** As a responsible mother how do you view gelatine?

**Heike Drechsler:** *I am convinced that gelatine is a safe food. I'm well informed about gelatine and I personally toured a plant where I saw gelatine being manufactured from the by-products of healthy animals inspected by veterinarians. Ensuring my family maintain their health and fitness through proper nutrition and making sure that the food we eat is healthy and wholesome are especially important for me as a mother.*

**Gelatine-Compass:** Do you also keep nutrition in mind when you have a craving for something sweet?

**Heike Drechsler:** *I don't want to go without sweets entirely, and I also enjoy a snack on occasion – especially Gummi Bears. Unlike chocolate and other sweets, they contain no fat. My son Toni shares my passion for Gummi Bears, and I can let him eat them with a clear conscience!*

## Gelatine the foodstuff

*Gelatine –  
no idea what it is*



Gelatine: (Lat. gelare, to freeze). A gluey tasteless substance produced from hide and bone. Used principally for thickening and binding food.

DUDEN, GERMAN UNIVERSAL DICTIONARY



**Gelatine** is a natural foodstuff consisting of pure protein. The protein collagen provides the structural framework of connective tissue and occurs principally in bone and hide. Gelatine is produced from these materials which in turn come from healthy animals.

Gelatine dissolves in warm water and gels again on cooling. As it is neutral in taste and readily digestible, it is used in innumerable applications in the food industry as well as in the household: gummy bears, table jellies and aspics all contain gelatine. Half a litre of pure gelatine contains only 40 Kcal.

Both powder and leaf gelatine can be purchased in most good food stores and are very easy to use.

Leaf gelatine produced for domestic use comes exclusively from pigskin.

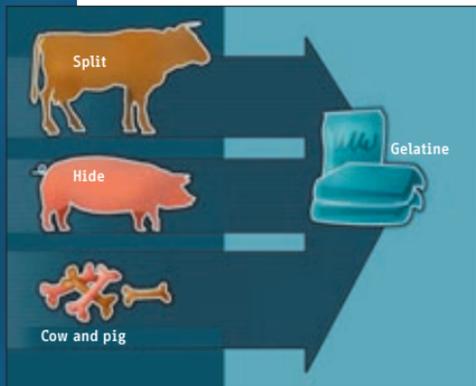


### Data and facts

Gelatine contains:

- ▶ Pure collagen protein
- ▶ Neither fat nor carbohydrate
- ▶ No preservatives or other additives
- ▶ No cholesterol
- ▶ No allergenic components





### Gelatine – how is it actually produced ?

Gelatine is produced using raw materials taken from slaughtered cattle and pigs which were passed fit to enter the food chain. In Germany, some 90% of all edible gelatine is produced from pigskin and only 10% from bovine. In this latter case, the raw material is mostly hide, the thin collagenous layer located between the outer and inner layers of hide. Even in diseased animals, no infectivity has ever been detected in this material.

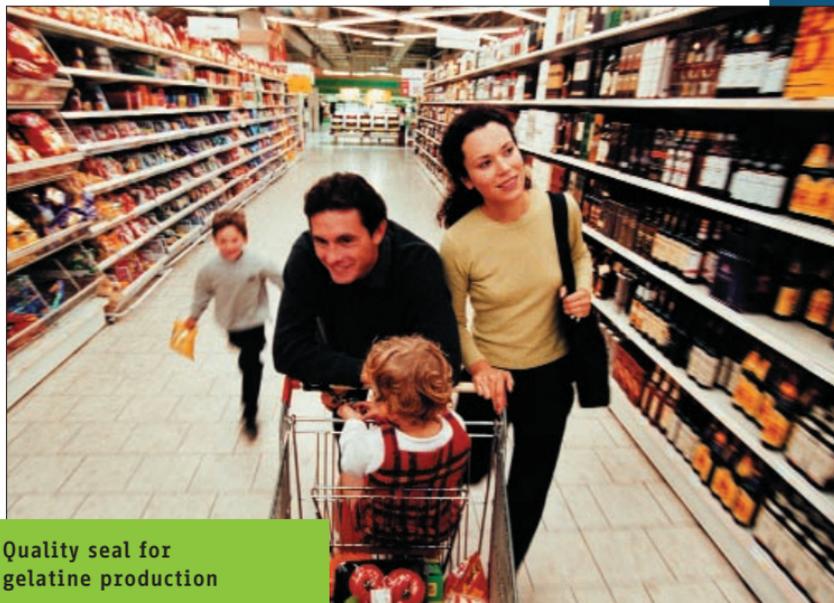


### The raw materials used in the production of gelatine

The raw materials used in the production of gelatine originate exclusively from healthy animals that have been approved by the veterinary authorities for human consumption. Contrary to some reports, animal corpses, horns, hooves and other waste products are not and have never been used to produce gelatine.

All the raw materials used undergo comprehensive and stringent controls with respect to safety and origin. The materials come exclusively from licensed slaughterhouses and meat packers and are comprehensively inspected by the veterinary authorities.

Pharmaceutical gelatine is stringently controlled to ensure that it corresponds to the specifications set by the regulatory authorities in the appropriate pharmacopoeias. Edible gelatine is also produced according to these specifications and in addition has to conform to Food Law.



### Quality seal for gelatine production

- ▶ Only healthy animals that have been inspected and approved by the veterinary authorities
- ▶ All specific risk material is removed prior to use

ISO 9000 / HACCP



## Gelatine Applications

*Gelatine – the product  
I can't do without*



Gelatine provides many desserts with their typical creamy consistency and enhances the enjoyment of dairy products such as yogurts.

Low-calorie "light" products and protein-rich health-promoting fitness products also contribute to health and wellbeing. Gelatine also enables delicate jellies to be prepared.

DR. ULLA RICHTER, FOOD TECHNOLOGIST

Few things in this world are irreplaceable; however, it is difficult to imagine a real alternative to such a versatile foodstuff as gelatine: It is present in such various foodstuffs including aspic, ice cream, desserts, cake fillings, vegetable dishes and dietetic products. Gelatine provides the most varied of dishes with the necessary stability and shelf life whilst retaining their appeal and taste. No other natural product can be used for the preparation and enhancement of such a variety of delicacies.

**Gelatine – life-saver:** Pharmaceutical capsules also consist of gelatine. This ensures that life-saving medicines can be protected from air and light and can be easily dosed and swallowed.

Gelatine is also required by the printing, film and photographic industries for binding light-sensitive substances onto film material.

Hence, doing without gelatine, would also mean doing without numerous tasty and healthy dishes – and much more besides.



### Gelatine enriches our lives:

- ▶ Life-saving medicines
- ▶ As a blood substitute in emergency medicine
- ▶ In important X-ray and photographic material
- ▶ As a valuable food



## Gelatine and Health

*Gelatine – what's healthy about it*



In fact gelatine is an important therapeutic agent of potential use in the treatment of arthrosis and osteoporosis. Its proven safety record makes it ideal for the long-term therapy of such chronic conditions.

PROF. ROLAND W. MOSKOWITZ  
UNIVERSITY HOSPITALS OF CLEVELAND

Scientific studies have shown that gelatine can effectively prevent joint wear on a long-term basis. Relief can be given for disease already present; and gelatine can slow down bone degeneration caused by osteoporosis (bone loss). It provides relief from pain and improves mobility.

Gelatine taken on a regular basis also strengthens the skin and connective tissue to give glossy hair and firm fingernails.

### The healthy properties of gelatine:

- ▶ Helps in arthrosis
- ▶ Improves mobility
- ▶ Promotes growth of hair and nails
- ▶ Keeps us healthy

Gelatine contains neither fat nor carbohydrate making it ideal for use in diabetic foodstuffs, low-calorie "light" products and protein-rich sports nutrition.



## Safety

Gelatine is the safest product produced from bovine material

ROLAND HEYNKES, BIOLOGIST

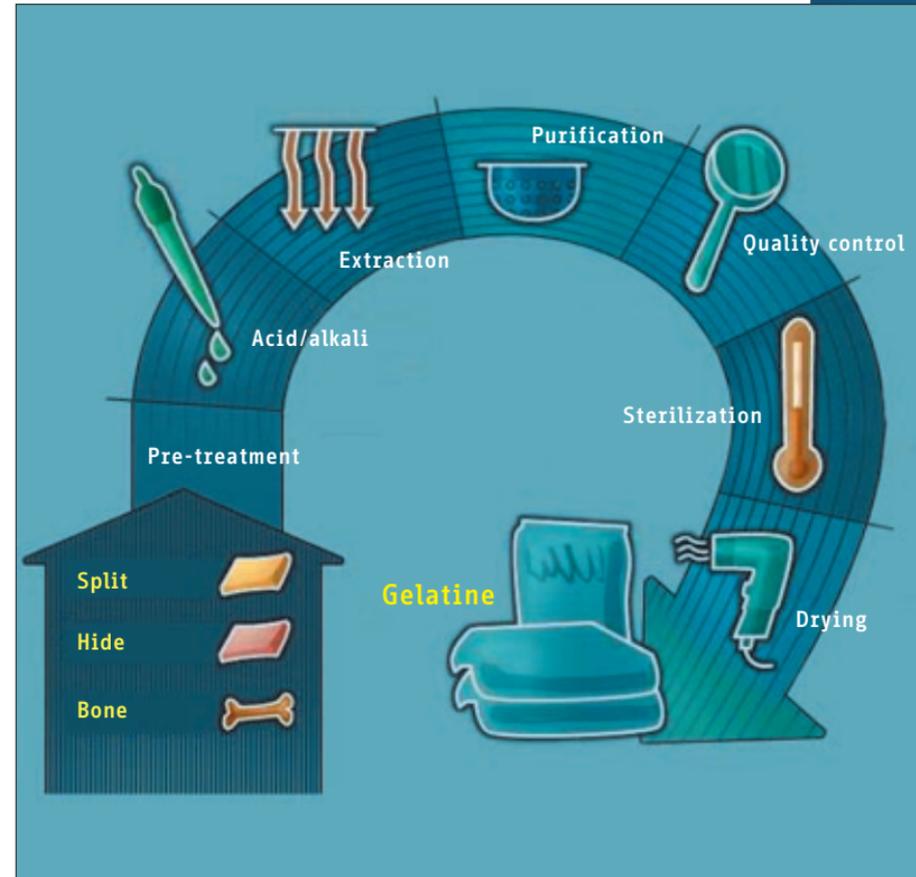


Can I eat gelatine without worrying



Yes, certainly. Gelatine is a safe and healthy foodstuff. BSE contaminated risk materials are not used in its production. The gelatine process which includes acid and alkali treatments will kill any pathogens present in the raw materials. Furthermore the gelatine is subjected to a sterilisation process similar to that for milk. All of these steps for the production of high quality gelatine have been used for many years and are subjected to regular audits.

Gelatine is thus an absolutely safe and wholesome foodstuff.





### Highest standards of gelatine production



The Association "Gelatine Manufacturers of Europe" (GME) was established in 1974. The principal goal of the association is the harmonization of industry standards and monitoring of production processes so that consumers throughout Europe can obtain a product that is guaranteed to be of uniform quality and safety.

PATRICK GOOSENS, PRESIDENT OF GME

### When abroad should I eat gelatine



There is no need to be afraid of gelatine produced anywhere else (in Europe); the specifications for the production of gelatine are universal.

The GME has ensured the maintenance of uniform high standards in the production of gelatine since its foundation in 1974. These standards have also been adopted by American and Asian manufacturers.

The GME provides information on legal aspects surrounding the manufacture of gelatine as well as technical information. This information is available to members of the association but also to institutes and consumers.

In Quality Management and Risk Control, the worldwide ISO 9000 and Hazard Analysis Critical Control Points (HACCP) are our relevant standards.

Please send this coupon to:

Gelatine Information Center · Windmühlstrasse 1 · D-60329 Frankfurt

Or fax to: +49 69 242 86-250

Please send me further information

Please send me recipes with gelatine

Name:

Company:

Street/No.:

Postal Code/City:

Phone:

Photos: Getty Images, dpa