

## Organic vs Non-GMO (vsdiff.com)

Aspect	Organic	Non-GMO
Core definition	<b>Production system</b> avoiding synthetic inputs, certified under standards	<b>Label claim</b> indicating absence of genetically modified organisms (GMOs)
Regulation / verifier	Government programs (e.g., <i>USDA NOP</i> ) or accredited certifiers	Third-party seals (e.g., <i>Non-GMO Project</i> ) or voluntary company claims
Allows GMOs?	<b>No</b>	<b>No</b> (for ingredients covered by the claim)
Focus	<i>Soil health, ecosystems, animal welfare</i>	<i>Genetic source of ingredients</i>
Typical price	Often a <b>20%-100% retail premium</b> depending on product	Usually a <b>modest premium</b> or similar retail price

Source: <https://vsdiff.com/organic-vs-non-gmo/>