



National Nutraceutical Industry

NATURE'S RESOURCES FOR WEALTH & WELLNESS

STEERING COMMITTEE OF THE NATIONAL NUTRACEUTICAL INDUSTRY

Front Row (L-R): Maurice Ellis, Norman Wright, Stephanie McFarlane, Neville Graham, Lilyclaire Bellamy, Errol Morrison, Dwight Ramdon, Patricia Lewin, Gail Nelson, Cliff Riley Back Row (L-R): Daniella Hyde, Shanika Allen, Anthony Clayton, Sonia Davidson, Sheryl Dennis, Rupika Delgoda Absent: Allan Brooks, Ann-Marie Smith, Basil Hylton, Carol Straw, Charah Watson, Doreen Dietrich, Francis Felix, Rajiv Bakshi

On the move!

A SPECIAL ADVERTISING FEATURE

The launch of the NNI

AT THE national innovation awards ceremony on November 8, 2014, Prime Minister Portia Simpson Miller, in her keynote address, mandated the National Commission on Science and Technology (NCST) to develop a National Nutraceutical Industry (NNI) which would bring under one umbrella, stakeholders involved in products from plants, animals and minerals which claim or are believed to have health benefits and to ensure as far as

possible that their practices achieve and maintain international standards.

As a result, a steering committee was developed and has been meeting regularly, having workshops and consultations to ensure the widest possible involvement of stakeholders islandwide. The plans culminated in an official launch of the NNI on March 5, 2015 and saw the prime minister officially thanking committee members for their



Sheryl Dennis, legal officer at the Ministry of Health and a member of the National Nutraceutical Industry (NNI) Steering Committee, being presented with a certificate of appreciation by Prime Minister Portia Simpson Miller. All members of the steering committee were officially thanked for their efforts in supporting the NNI launch.

efforts to date.

The committee consists of Professor Errol Morrison, chair and director general; Patricia Lewin and Stephanie McFarlane, NCST; Dr Cliff Riley, executive director; Ann-Marie Smith and Doreen Dietrich, Scientific Research Council; Dr Dwight Ramdon, Bureau of Standards Jamaica; Gail Nelson, Planning Institute of

Jamaica; Carol Straw, Jamaica Productions; Sheryl Dennis, Ministry of Health; Lilyclaire Bellamy, Jamaica Intellectual Property Office; Dr Neville Graham and Daniella Hyde, UTech; Professor Anthony Clayton, Dr Thejani Delgoda and Francis Felix, UWI; Rajiv Bakshi, Maurice Ellis, Dr Sonia Davidson, Dr Charah Watson, Shanika Allen,

Norman Wright and Basil Hylton, private sector; Allan Brooks, Ministry of Science Technology Energy and Mining.

To date, work has progressed on the broadest definition of nutraceuticals in keeping with cultural practices and scientific research and steps are afoot to ensure that the Food and Drugs Safety Act is updated to incorporate this category of products. While the NCST functions as the interim secretariat, plans are in progress to bring on board a registrar who will compile the list of nutraceutical practitioners and invite their membership; and it is expected that that office will maintain records re their adherence to best agricultural and manufacturing practices.

This fledgling industry is in need of support to establish its national office and to get its nationwide activities under way. As such, interested persons/institutions are invited to visit www.ncst.gov.jm, email ncst@mstem.gov.jm, and to direct enquiries and support to its office, 36 Trafalgar Road, Kingston 10, telephone 876-906-8433.

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This industry has my utmost support

MY FIRM belief in, and unshakeable support for the nutraceutical industry, is anchored in the view that it has the potential to transform the fortunes of our economy and society.

Nutraceuticals are from natural sources with extra health benefits. They also include medicinal plants and natural mineral water. Jamaica has a well-established tradition of folk medicine, where there are tremendous benefits to be had from mass cultivation and spin-off industries.

My administration will be



moving to develop the nutraceutical industry as an integral part of a national strategic approach for ensuring economic growth, development and job creation. We are not starting from scratch, there are several small and medium enterprises producing nutraceuticals. However, more needs to be done to ensure that these products are standardised, tested and quality assured.

The National Commission on Science & Technology is leading the work to regularise and develop the industry. The launch of the industry heralds the start of a system to encourage, regulate and monitor production locations, processes, and products, to ensure that they meet international standards. This will serve as a catalyst for growth and development of a vibrant and sustainable nutraceutical industry for a more prosperous Jamaica.

Portia Simpson Miller
Prime Minister

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MESSAGES

National assets need to be developed

FOR THE first time at last, all stakeholders and interest groups have been engaged in a national effort to nurture, develop and grow a sustainable nutraceutical industry in Jamaica.

Now that the Dangerous Drugs (Amendment) Act 2015 has been passed into law and with the establishment of the National Nutraceutical Industry, we are moving expeditiously to give momentum to the establishment of a well ordered, profitable, and sustainable nutraceutical industry, ultimately with medicinal marijuana at its centre.

I have issued Cannabis Research Licences to our two major tertiary institutions, the University of the West Indies and the University of Technology.

Already, these two institutions are making significant strides in preparation for the research and development process. I am also aware that strategic alliances are being forged with international research partners.



Our passion for the sustainable development and the preservation of these natural resources must now be translated into positive action. These national assets need

to be developed in a manner that ensures optimum benefits for our country and its people.

Government agencies such as the National Commission on Science and Technology, the Scientific Research Council, the Bureau of Standards Jamaica, JAMPRO, the Rural Agricultural Development Agency, must play a lead role in facilitating the growth and development of the industry.

With a productive, well-conceived nutraceutical infrastructure, many social and economic benefits are expected across all elements of Jamaica's social and commercial life.

Phillip Paulwell
Minister of Science, Technology,
Energy and Mining

Timely moves for development

THE LAUNCH of the nutraceutical industry marks another important step in Jamaica's quest to diversify our agricultural production. In light of the increasing potential for non-traditional high-value agricultural products, the Ministry of Agriculture and Fisheries has embarked on a sustained and strategic programme for the development of flavour, fragrances and spices. Expanding the spice industry and implementing relevant quality assurance programmes are amongst the priorities of the



ministry.

We believe that Jamaica is well positioned for producing high-quality raw materials and for this reason we welcome the launch of this new industry. This thrust to grow and

develop this industry is very relevant, timely and important to the development of our country. The Ministry of Agriculture and Fisheries is very committed to working with stakeholders from other ministries and agencies to

ensure the success of this industry.

Derrick Kellier
Minister of Agriculture, Labour
and Social Security

A boost for health

IN JAMAICA, we are fortunate to have a large reserve of natural resources, including plants that are known to have healing and other properties. Modern technological advances have increased the offering of natural and food products that purport to have healthy and healing properties. In the interest of Jamaica, the Ministry of Health (MOH) is seeking to promote the observance of healthy lifestyles and healthy natural dietary choices towards achieving the National Development Goal of a healthy and stable population by 2030.

It is from this standpoint, the MOH is committed to support and work with the National Commission



on Science and Technology towards the development of this industry. In recognition of our role to register and regulate products, we are pushing the amendment of the Food and Drug Act and its Regulations to ensure that the nutraceutical industry is adequately represented and properly recognised in law.

We are also proposing new regulations – the Complementary and Alternative Professionals Act – to regulate practitioners in the industry as well as facilities from which they operate. In an effort to live up to our rich potential, we are looking to use these, our natural assets, to effectively fight diseases and maintain wellness.

Fenton Ferguson
Minister of Health

Important steps being taken

THIS LAUNCH of the National Nutraceutical Industry (NNI) marks an important watershed in the development of Jamaica's science-based industry, demonstrating the direction Jamaica must embrace if we must move the industry forward.

Jamaica has the natural resources to support the development of a lucrative nutraceutical industry. We boast more than half of the 160 plants declared worldwide as having medicinal properties. This natural bounty becomes of greater significance as the global market for nutraceuticals is projected to reach US\$207 billion in 2016 and US\$600 billion by 2018. It is, therefore, propitious that we seek to formalise the nutraceutical industry.



Standards development is an integral part of a robust quality infrastructure. This is critical to ensuring strict adherence of products to local and internationally

accepted standards in order to engage new and existing markets. The engagement of research and development, intellectual property protection, business development services and promotion are key to the industry's development. This will allow the movement towards a stronger and more prosperous Jamaica with improved social and economic well-being.

Anthony Hylton
Minister of Industry, Investment
and Commerce



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Highlights of the NNI launch



Students from Immaculate Conception High School receiving lessons on the health and medicinal benefits of some of the local herbs used to make teas.



Some attendees at the launch sampling essential oils made by a local producer.



Attendees of the launch sampling a line of facial-care nutraceutical products.



Professor Errol Morrison (right) and Dr Henry Lowe present Prime Minister Portia Simpson Miller with a copy of a book they co-authored. This book tells the Jamaican story on nutraceuticals and has been dedicated to the prime minister in recognition of her advocacy and support for the Jamaican nutraceutical industry.



Prime Minister Simpson Miller receiving a basket of local nutraceutical products from two representatives of the Jamaica 4-H Club. She mentioned that plans are being implemented to engage more of the island's youths in agriculture through the 4-H movement.



Research scientists from the University of the West Indies talk to students about how they use science and technology to better understand our local herbal and medicinal plants.

The beginning of the nutraceuticals industry in Ja

By Professor Anthony Clayton
UWI, Mona



Professor Anthony Clayton

IT IS vital for Jamaica to develop at least one major export industry in order to secure the nation's future. One of the most promising opportunities is the global market for bioactive compounds, mostly standardised plant extracts that appear to have a role in the preventative treatment of degenerative diseases. Many of these plant extracts could be processed in Jamaica, giving the country a lucrative new export market, creating skilled jobs, and reviving the depressed agricultural sector.

My original research in this area was published in 2001 and 2002. I found that the global market was then worth US\$25 billion, and that it was growing at over 10 per cent per annum. I estimated future growth, and calculated the potential revenue to Jamaica at US\$2 billion.

My growth predictions proved correct. Sales in Europe grew by 10.2 per cent a year between 2004 and 2007, while sales in the USA grew by 15.8 per cent a year between 2002 and 2007 (compared with food sales growth of just 2.9 per cent a year). By 2013, the world market was worth \$128 billion.

So the industry continues to grow rapidly. Given the right leadership, Jamaica could still develop a strong position in the world market for nutraceuticals and functional foods.

About the author: Anthony Clayton is the professor of Caribbean sustainable development at the University of the West Indies. He was the first to realise that Jamaica could develop a leading position in the nutraceuticals industry, and that this opportunity could transform the economy of Jamaica.

Nutraceuticals: What they are, what they do and how they work

By Dr Sonia Davidson
Integrative Medicine
Physician and Public Health
Specialist



Sonia Davidson

A WORKING definition of nutraceuticals that is most appropriate for Jamaica is: 'A medicinal or nutritional component that includes a food, plant or naturally occurring material which may have been extracted, purified or concentrated and that is used for the improvement of health, by preventing or treating disease.'

The way in which these products are used for their health and wellness benefits range from orally (by mouth), to topically (applied to the skin or scalp), by inhalation (as aroma). The plants are our richest immediate source of nutraceuticals. The purported medicinal properties may be derived from the whole plant, or individual plant parts (leaves, stems, roots, flowers) in its dried state or more refined states as extracts, distillates and ferments.

Within the plant-based oral nutraceuticals are subcategories, namely functional foods and beverages, fortified foods, herbal medicines, dietary

supplements, aromas and cosmeceuticals.

Do nutraceuticals work in the way that people expect them to? In many cases there is no scientific evidence to support or explain the traditional use. This leaves the door wide open for scientists and doctors to carry out research.

It is estimated that 25 per cent of medicines currently used by conventional (western medicine) was either derived from plants or the molecules modelled from plants.

Emerging research is revealing that the eclectic nature of the claims can be understood in terms of the wide variety of biological processes involved in the mechanism of actions. They include antioxidant defences through affecting 'signal conduction pathways, cell survival-associated gene expression, cell proliferation and differentiation and preservation of mitochondrial integrity. Many display anti-inflammatory properties which play a crucial role in the protection against the pathologies of numerous age-related or chronic diseases.'

By Dr Rupika Delgado
Senior Lecturer and Executive
Director, Natural Products
Institute, UWI

Developing nutraceuticals: A journey with science

THE GLOBAL demand for nutraceuticals has led to the introduction of regulations in a number of countries and products tend to fall into three main categories:

A. Those that make no health or medicinal claims

B. Those that make general health claim(s) (e.g., products high in antioxidants and claiming to support cardiovascular health)

C. Those making medicinal claims(s) (e.g., products claiming to

reduce elevated blood pressure).

Common to all three categories (A, B and C), is the minimum requirement to provide evidence for safe use in humans. Such evidence can take the form of traditional use, where documented evidence exists of safe use in humans over many years. However, an important caveat to accepting traditional use is that the



Dr Rupika Delgado

nutraceutical must take the same form and follow the same preparation method, e.g. if traditional use is for plant leaves steeped in hot water, then that same plant part and preparation method should be followed when preparing the nutraceutical. If prepared using a different plant part and/or prepared using a different solvent, then the contents of the nutraceutical can be different from the one traditionally prepared, and as such, proof of safety for human consumption must then be provided by scientific experimentation.

For nutraceuticals typically in categories B and C, in addition to evidence of safety, proof of efficacy may also be required. Such evidence requires experimentation using models that target receptors, cells, whole animals and ultimately humans, providing increasing levels of proof that the nutraceutical works. Combinations of computer-based modelling (*in-silico*), and laboratory-based experimentations that work on systems outside a living organism (*in-vitro*), as well as those that can be tested within a living organism (*in-vivo*) and ultimately human clinical trials, can make claims with increasing confidence.

All three categories (A, B and C) are expected to follow good agricultural practices (GAP) and good manufacturing practices (GMP), including requirements for traceability from source to finished product, sustainable practices that protect biodiversity, knowledge of seasonality, soil conditions and other factors that affect growing conditions and ultimately impact quality and quantity of active plant ingredients in the finished product. Both GAP and GMP are key aspects in ensuring the provision of products of the highest quality in which key ingredients can be quantified and standardised.

Nutraceuticals can benefit from knowledge emanating from traditional use, which can translate to useful information on toxicology and pharmacology, lending significant advantage to the nutraceutical development process. Through partnering with science, such advantages enable nutraceutical products to be brought to market that are sustainable and standardised with potential support from the medical community and consumers alike, who can place a high level of confidence in the products' safety and efficacy.



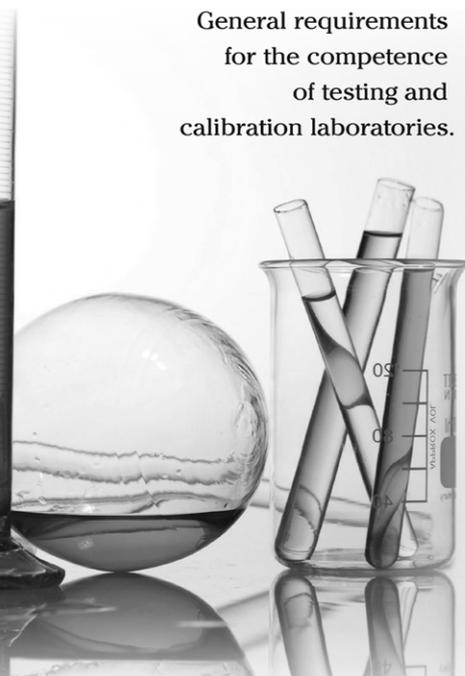
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Strengthening Brand Jamaica with nutraceuticals

IT IS a known fact that 'Brand Jamaica' sells.

For decades, Jamaican ginger and Blue Mountain Coffee stood firm on the global market and rated among the best in class. Despite the appeal of our brand, we are still yet to fully optimise earnings, both locally

and internationally from our nutraceutical and cosmeceutical products despite their extensive use traditionally. Currently, Jamaica earns the bulk of its foreign exchange from tourism and remittances but



Dr Cliff Riley

stand to gain greater returns should we increase production, exportation and standardisation of locally manufactured nutraceutical products. Establishing new markets, creating linkages, meeting existing and growing demands and, most

important, maintaining and observing standards are all critical to the growth and development of a vibrant local nutraceutical

BRAND

CONTINUED FROM 14

industry. Jamaica is currently ranked fifth in the world based on its biodiversity, with one of the most diverse ecosystems in Latin America and the Caribbean.

The Scientific Research Council (SRC) commends and supports the thrust being undertaken by the National Nutraceutical Industry in formalising products from endemic plants and healing waters and stands ready to lend its support. SRC attained ISO: 9001 certification and ISO/IEC: 17025 accreditation for its Analytical Services Laboratories (JANAAC, Jamaica). Our suite of services includes product development, standardisation, contract research and a series of analytical tests that meet international quality standards. SRC also develops formulations that can be utilised anywhere in the world; enforces the use of good manufacturing practices and compliance with safety regulations.

Dr Cliff Riley
Executive Director
Scientific Research Council,
Jamaica

We are a promise

A testimonial from the field

By Norman Wright
Managing Director, Perishables
Jamaica Limited

EVERY MOVING thing that liveth shall be meat for you; even as the green herb have I given you all things. (Genesis 9:3)

In 1980, when many Jamaicans were migrating, we decided to stay and create employment and domestic capital formation. We started Perishables Jamaica Limited with \$300 (US\$175). That is J\$20,000 at today's exchange rate. In 1980, there was no penalty to start a company. If so, we would not be here as a small farmer and business!

The first traditional medicinal herb we developed was Satureja vimenia, aka Jamaican peppermint. Today, more than 500 farmers provide us with 13 traditional Jamaican medicinal herbs. We



Norman Wright

work with the South Manchester Herbs and Spices Multi-Purpose Cooperative Society Limited developing drying facilities to produce pathogen-free herbs. We export to the USA, UK, Canada and the Caribbean and are net earners of foreign exchange.

Our Strengths:

- Our human resources, internal and external
- Development of unique traditional medicinal plants. In production we use 96 per cent local raw materials.
- Our solar system generates our electricity and we sell any surplus to the JPS grid.

Threats:

- Inconsistent and inferior quality contaminated materials.
- Weevils and pests
- Additional 100 per cent increase in asset tax.

– Lack of water
WATER IS LIFE

Based on the example of the Yallahs water pipeline, we expect the Government of Jamaica to convert more of the several mined-out pits created in the highlands by bauxite companies into a HUB of water reservoirs. Water could be gravity fed (not pumped) to farmers downstream providing sustainable water supplies for the production of our herbs and spices.

We need to harvest, store and distribute water intelligently for our long-term development. We can then build and develop a national nutraceutical industry which contributes to keeping the Jamaican social fabric together.

God has a say in our mission and destiny. We are a promise.



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By Dr Neville Graham
Contributor

MILK RIVER Bath (Clarendon), Rockfort (Kingston), and Bath Fountain (St Thomas) are the three most famous baths which have been reported to have healing powers, chemically proven special minerals and radioactive ingredients.

These three baths have the maximum potential (after Dunn's River Falls), for development as wellness attractions, their healing capabilities are well documented and known worldwide, which can earn valuable foreign exchange for

Healing waters, spas – the critical element of wellness tourism in Ja

Jamaica.

THE MILK RIVER BATH

The Milk River Bath has been shown to have healing properties which aid in the treatment of rheumatism, gout and lumbago. These waters have radioactivity of 16m curries per litre (which is about 50 times as radioactive as waters of Vichy in France and 54 times as radioactive as the waters

in Baden in Switzerland).

ROCKFORT MINERAL BATH

The Rockfort fort was constructed around 1694 to defend Kingston from invaders and pirates coming from the sea. The mineral spring, though, was only discovered in 1907 after the earthquake that struck Kingston. The Rockfort waters contain sodium, chloride, potassium,

magnesium, calcium, iron and copper. To avoid overexposure to the minerals, patrons are advised to spend no more than 45 minutes in the water.

ST THOMAS MINERAL BATH

The mineral spa or spring at Bath in the parish of St Thomas was discovered by a runaway slave in the 1690s. The mineral spring at Bath flows from two rocks, which produces

both cold and hot water. The water is mixed before it enters the bathhouses, which are built for guests.

The spring water is said to be rich in sulphur and lime and is believed to be very good for the treatment of rheumatic ailments and skin diseases.

All three baths have great potential as income earners as wellness centres, hotel facilities and for health tourism.

A summary taken from 'The Nutraceutical Story' by Dr Henry Lowe and Professor E. Morrison

SCIENCE HAS done commendable work in the justification of cannabis as a medicine, as more and more research publications reflect chemical compounds found in cannabis to pose medicinal benefits. Of course, this is not a new phenomenon. "For 3,000 years, marijuana was a legitimate medication" – a statement made by Dr Sanjay Gupta during a CNN television documentary on 'the weed'. A catalogue of increasingly credible scientific research indicates that cannabis has several medical and nutraceutical uses. These include antifungal, antibacterial, anti-cancer, appetite stimulant, diuretic, analgesic and cardiovascular benefits.

Ganja as a nutraceutical

There are about 500 compounds found in the cannabis species, with about 80 described as cannabinoids (also known as phyto-cannabinoids) currently identified. The two cannabinoid compounds in medical cannabis that have been the main focus of research are THC (delta 9 tetrahydrocannabinol), a psychotropic compound, and CBD (cannabidiol). *Cannabis sativa* is reported to have higher THC levels which are more for cerebral-related medical conditions, whereas *Cannabis indica* is reported to have the compound CBD in greater quantities, which is useful for its anti-

arthritic/anti-inflammatory properties. Some of the other known phyto-cannabinoids also display medicinal qualities.

MEDICANJA LIMITED

In late 2013, a new company, Medicanja Limited, was launched to develop and exploit the emerging potential of medical marijuana products. Already, Bio-Tech R&D Institute has developed seven products for Medicanja, and is in the process of developing several other products and technical services to meet the emerging demands.

Hemp is a variant of *Cannabis sativa* that has been used as a component in the making of several products such as fibre, building materials, plastic and composite materials, paper and even jewellery. Hemp is different from marijuana in that it has a low THC component (0.3 per cent), and grows differently (grows up to 10-15 feet) with longer stalks. Hempseed oil has been analysed by researchers for potential medicinal benefits, and is shown to be effective in promoting good health. The oil contains a wide array of vitamins and minerals: omega 3 and 6 fatty acids, gamma linolenic acid, antioxidants, vitamins B₁, B₂, B₆, D, E, sulfur, copper, potassium, phosphorous, iron, zinc, amino acids, among others.



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