



McCormick Science Institute Celebrates Five Years of Research Focused on Food and Health

November 8, 2011

Seventeen Studies Published on Potential Health Benefits of Spices and Herbs

SPRING, Md., Nov. 08, 2011 (BUSINESS WIRE) —

McCormick & Company, Incorporated (NYSE:MKC), a global leader in flavor, is celebrating the fifth anniversary of its McCormick Science Institute (MSI), a research organization dedicated to advancing scientific knowledge of the potential health benefits of culinary spices and herbs.

Working with nutrition scientists and a 15-member Scientific Advisory Council made up of some of the world's most renowned nutrition and wellness experts, MSI funds independent studies in five areas related to spices and herbs: antioxidants and phytonutrients, anti-inflammatory properties, weight management, cardiovascular health, and overall wellness including cognitive performance. These studies have been designed and implemented at universities including UCLA, Johns Hopkins, the University of Georgia, Penn State and Purdue.

Over the past five years, MSI has supported 17 studies investigating the health benefits of spices and herbs. Recent studies funded by MSI have revealed new insights on specific benefits, including not just the positive impact on weight management, ginger's reduction of muscle pain after exercise, high antioxidant spices and heart health measures including improved arterial function and lower blood triglycerides, and antioxidant-rich spices and total antioxidant capacity of the blood.

McCormick-funded MSI research currently underway includes an investigation at Johns Hopkins University into whether herbs and spices can help consumers adhere to a low-sodium diet and a study at the University of Georgia designed to see if black pepper and cayenne give people more mental energy.

MSI sponsors annual research awards at the American Dietetic Association and the American Society of Nutrition. The Institute also provides standardized spices on a complimentary basis to qualified researchers studying healthy humans.

"People have long known about the healthful properties of natural spices and herbs, and now there is growing scientific evidence about their multiple benefits," said Dr. Hamed Faridi, Chief Science Officer at McCormick. "This field of study is more relevant than ever as scientists continue to discover the unique compounds in plant foods that hold tremendous potential to enhance the quality of our diets and protect our health."

Faridi, a 14-year veteran of McCormick, recently promoted to the newly created position of Chief Science Officer, also oversees McCormick's Technical Innovation Center (TIC) and its 12 strategically located technical facilities around the globe.

"The research conducted through the McCormick Science Institute underscores McCormick's commitment to exploring ways that flavor can be used to create and inspire more healthful eating options," said Alan G. Wilson, Chairman, President, and CEO of McCormick & Company. "We already have data that support the positive link between certain herbs and spices and healthy living, and we look forward to additional findings funded by MSI in the years to come."

In addition to investing in original scientific research, the MSI is also committed to educating consumers, nutritionists and dietitians about the health benefits of spices and herbs through an extensive online education center at www.McCormickScienceInstitute.org. In addition, consumers can visit www.mccormick.com/ScienceofFlavor for healthy recipes, meal ideas, and tips on how to use spices and herbs to enhance dietary guidelines, such as low fat and low sodium meals.

About McCormick Science Institute

The McCormick Science Institute is a research-driven organization whose mission is to support scientific research and disseminate information on the health benefits of culinary herbs and spices. All MSI-funded research is focused on advancing the scientific study of the potential health-enhancing properties of culinary herbs and spices in areas considered to have the potential to impact public health. Visit www.mccormick.com/scienceofflavor for more information.

About McCormick

McCormick & Company, Incorporated is a global leader in flavor. With more than \$3 billion in annual sales, the Company manufactures, markets and distributes spices, seasoning mixes, condiments and other flavorful products to the entire food industry — retail outlets, food manufacturers and foodservice businesses. Every day, no matter where or what you eat, you can enjoy food flavored by McCormick. McCormick Brings Passion to Flavor (TM). To learn more please visit us at www.McCormick.com.

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