

# Early to Rise Customer Support

[Knowledgebase](#) > [Chef Gui Eat More Burn More](#) > [Aren't you concerned with pesticides on these veggies if you don't buy organic?](#)

## **Aren't you concerned with pesticides on these veggies if you don't buy organic?**

Kerri -- ETR Customer Support - 2020-02-20 - [Chef Gui Eat More Burn More](#)

My wife and I buy organic as often as possible. If the fruits or vegetables are not organic, we try to offset the impact of pesticides by washing them thoroughly. I hope this helps.