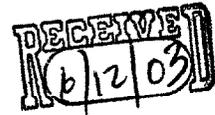


1824 South Robertson Blvd.  
Los Angeles, CA 90035-4317  
310/204-6936 • 800/726-0886  
www.Jarrow.com

FAX NUMBERS  
Orders 800/890-8955  
General 310/204-2520  
Administrative 310/204-5132

May 22, 2003

Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Nutritional Products, Labeling, and Dietary Supplements (HFS-810)  
5100 Paint Branch Parkway  
College Park, Maryland 20740  
Reference phone #301-436-2373



Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section of 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

**(1) Name of Address of distributor:**

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

**(2) Text of the statement(s):**

**SAM-e**

Found in all living cells, SAM-e is a metabolite of methionine (an essential amino acid). SAM-e is a chiral molecule and therefore consists of two forms: (S,S) SAM-e and (R,S) SAM-e. The biologically active form is the (S,S) structure, while the (R,S) structure is biologically inactive. Jarrow FORMULAS' SAM-e is made naturally by microbiological fermentation and then specially processed to preserve 68-80% (S,S) SAM-e, the highest active level available.

**Glucosamine**

Glucosamine is an aminosaccharide synthesized by transamidase enzymes from glucose and an amine group from glutamine. HCl (hydrochloric acid) stabilizes the Glucosamine in this product. Glucosamine is a component of joint and intestinal tissue and is involved in the production of synovial fluid which lubricates the joints.

SAM-e has undergone dozens of trials involving thousands of patients. Researchers studying the beneficial effects of SAM-e have identified the following benefits of SAM-e:

SAM-e supports the production of healthy connective tissue through transulfuration. In this process, critical components of connective tissue, including glucosamine and the chondroitin sulfates, are sulfated by SAM-e metabolites.

SAM-e methylation reactions are involved in the synthesis of neurotransmitters such as L-dopa, dopamine and related hormones, epinephrine and phosphatidylcholine (a component of lecithin).

SAM-e metabolism supports the synthesis of glutathione (GSH) and glutathione-dependent enzymes (glutathione peroxidase and glutathione-S-transferase), which are substances important for liver function.

975 0162

LET

12290

84713

Methylation of DNA appears to be important in the suppression of errors in DNA replication. Demethylation of DNA is considered a contributor to the aging process. Proper methylation through substances such as SAM-e positively influences longevity.

**(3) Name of the dietary ingredient(s) if not provided in the text of the statement:**

S-Adenosyl Methionine, Glucosamine HCl

**(4) Name of the dietary supplement(s)**

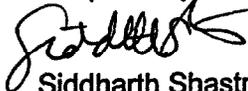
Sam-e Joint™ 200 mg SAM-e • 525 mg Glucosamine Hydrochloride  
60 tablets

**(5) The following disclaimer appears on the label in bold:**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients.

Respectfully submitted,



Siddharth Shastri  
Vice President, Product Development