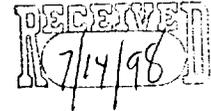


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Orders 800/890-8955  
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Administrative 310/204-5132

July 7, 1998

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Dr. Elizabeth Yetley, Ph.D.  
F.D.A.  
Office of Special Nutrition  
200 "C" St., S.W.  
Washington, DC 20204

Please be advised that Jarrow Formulas, Inc. is marketing a product containing a "Structure and Function" statement on the label. According to the notification requirements set forth by the DSHEA (Dietary Supplement Health and Education Act, 1994) legislation, please be advised of the following:

**Name of Product:** Creatine Caps 1000, 300 capsules, Creatine 100 g. Creatine 325 g. Creatine 600 g, Creatine 1000 g

**Active Ingredient(s):** Creatine Monohydrate

**Claim(s):** "Enhances Muscle Performance." Creatine is synthesized in the liver by the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form creatine phosphate which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). Creatine phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid.

**The following disclaimer appears on the label:** 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. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Siddharth S. Shastri".

Siddharth S. Shastri, B.A., C.C.N.  
Director of Product Development

**SUGGESTED USAGE:** As a dietary supplement, take 1 to 6 capsules per day after exercise, or as directed by your qualified health consultant. May also be taken with juice because simple sugars enhance uptake and utilization of Creatine Monohydrate.

Creatine is synthesized in the liver by the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form creatine phosphate which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). **Creatine phosphate** is utilized to maintain higher levels of ATP during exercise. Creatine phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid. Intense anaerobic exercise, such as weight lifting and sprinting, depletes ATP and greatly increases the demand for creatine. Five capsules of Creatine 1000 yields the equivalent of creatine found in 2.2 pounds of uncooked red meat. Creatine Monohydrate is the most economical, stable and best absorbed form of creatine.

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.

**Usage:** Stir one heaping teaspoon (5 grams) of **Creatine Monohydrate** into fruit juice or water, or as directed by your qualified health consultant. Fruit juice enhances uptake and utilization of creatine monohydrate. **Creatine Monohydrate** easily mixes into fluid.

**Loading Phase:** 1 heaping teaspoon 4 times daily for initial 5 days.

**Maintenance Phase:** 1 heaping teaspoon after exercise.

One heaping teaspoon of **Creatine Monohydrate** yields the equivalent of creatine found in 2.2 pounds (1 kg.) of uncooked red meat. **Creatine Monohydrate** is the most economical, stable and best absorbed form of creatine.

**Quality Assurance:** Purity of product assured by HPLC (High Pressure Liquid Chromatography).

Superior Nutrition and Formulation<sup>SM</sup> by  
**Jarrow FORMULAS, INC<sup>TM</sup>**  
Los Angeles, CA 90035-4317

Lot #. Best Used Before:

**Jarrow FORMULAS<sup>TM</sup>**

# CREATINE CAPS 1000

**Pharmaceutical Grade  
Creatine Monohydrate**

**Enhances Muscle  
Performance**

**Dietary Supplement**

**300 Capsules      1000 mg each**

**Jarrow FORMULAS<sup>TM</sup>**

# CREATINE MONOHYDRATE

**The Phosphagen for Enhanced  
MUSCULAR PERFORMANCE**

**Purity Assured by HPLC**

**1,000 Grams      1 Kilo Powder  
Net Weight**

## Supplement Facts

Serving Size 1 Capsule

|                      | Amount Per Capsule | % Daily Value |
|----------------------|--------------------|---------------|
| Creatine Monohydrate | 1000 mg            | *             |

\* Daily Value Not Established

Ingredients: Creatine Monohydrate, magnesium stearate. Capsule consists of gelatin. Contains no common allergens.

Quality Assurance: Purity of product assured by High Pressure Liquid Chromotography (HPLC).

**Jarrow FORMULAS, INC<sup>TM</sup>**  
Superior Nutrition and Formulation<sup>SM</sup>  
Los Angeles, CA 90035-4317



PROD # 15040

Lot #. Best Used Before:

**Contents: Creatine Monohydrate, Pharmaceutical Grade**  
1,000 grams/35.3 oz. crystalline powder

Creatine is synthesized in the liver from the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form **creatine phosphate** which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). **Creatine phosphate** is utilized to maintain higher levels of ATP during exercise. **Creatine phosphate** maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid.

Intense anaerobic exercise, such as weight lifting and sprinting depletes ATP and greatly increases the demand for **creatine**.

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.



PROD # 15015

**Usage:** Stir one heaping teaspoon (5 grams) of **Creatine Monohydrate** into fruit juice or water, or as directed by your qualified health consultant. Fruit juice enhances uptake and utilization of creatine monohydrate. **Creatine Monohydrate** easily mixes with juice or water.  
**Maintenance Phase:** 1 heaping teaspoon after exercise.

Creatine is synthesized in the liver from the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form **creatine phosphate** which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). **Creatine phosphate** is utilized to maintain higher levels of ATP during exercise. **Creatine phosphate** maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid. Intense anaerobic exercise, such as weight lifting and sprinting depletes ATP and greatly increases the demand for **creatine**.

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.

Jarrow FORMULAS™

# CREATINE MONOHYDRATE

The Phosphagen for Enhanced MUSCULAR PERFORMANCE

Purity Assured by HPLC

120 Grams 4.2 oz Powder  
Net Weight

Contents: **Creatine Monohydrate**, Pharmaceutical Grade  
120 grams/4.2 oz. crystalline powder

One heaping teaspoon of **Creatine Monohydrate** yields the equivalent of creatine found in 2.2 pounds (1 kg.) of uncooked red meat. **Creatine Monohydrate** is the most economical, stable and best absorbed form of creatine.

**Quality Assurance:** Purity of product assured by High Pressure Liquid Chromatography (HPLC).

Superior Nutrition and Formulation<sup>SM</sup>

**Jarrow FORMULAS, INC™**

Los Angeles, CA 90035-4317



PROD # 15002

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Lot #. Best Used Before:

**SUGGESTED USAGE:** As a dietary supplement, stir one heaping teaspoon (5 grams) of **Creatine Monohydrate** into fruit juice or water, or as directed by your qualified health consultant. Fruit juice enhances uptake and utilization of creatine monohydrate. **Creatine Monohydrate** easily mixes into fluid. **Maintenance Phase:** 1 heaping teaspoon after exercise.

Creatine is synthesized in the liver from the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form **creatine phosphate** which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). **Creatine phosphate** is utilized to maintain higher levels of ATP during exercise. **Creatine phosphate** maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid. Intense anaerobic exercise, such as weight lifting and sprinting, depletes ATP and greatly increases the demand for **creatine**.

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.

Jarrow FORMULAS™

# CREATINE MONOHYDRATE 600

Pharmaceutical Grade

The Phosphagen Precursor for Enhanced Muscular Performance

Purity Assured by HPLC

600 Grams Powder  
Dietary Supplement

1 lb, 5 oz  
Net Weight

| Supplement Facts                                    |                     |               |
|---|---------------------|---------------|
| Serving Size 1 teaspoon                             |                     |               |
|   | Amount Per Teaspoon | % Daily Value |
| <b>Creatine Monohydrate</b><br>Pharmaceutical Grade | 5 grams             | *             |
| * Daily Value not established                       |                     |               |

One heaping teaspoon of **Creatine Monohydrate** yields the equivalent of creatine found in 2.2 pounds (1 kg) of uncooked red meat. **Creatine Monohydrate** is the most economical, stable and best absorbed form of creatine.

**Quality Assurance:** Purity of product assured by HPLC (High Pressure Liquid Chromatography)

Superior Nutrition and Formulation<sup>SM</sup> by

**Jarrow FORMULAS, INC™**

Los Angeles, CA 90035-4317

Packed by weight not volume.

PROD # 15027

Lot #. Best Used Before:



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