

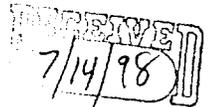
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6930 '98 AUG -5 P1:43

July 7, 1998

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: Melatonin Sustain, 60 sustained release tablets, 120 sustained release tablets.

Active Ingredient(s): Melatonin, Vitamin B6 (Pyridoxine HCl), Magnesium (from oxide).

Claim(s): Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation. Biorhythm is disturbed by stress, crossing time zones and changing work shifts. Melatonin production also declines with age. Vitamin B6 aids melatonin metabolism.

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 cursive script, appearing to read "Siddharth S. Shastri".

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

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257 1936

USAGE: Take one or one-half tablet 20-30 minutes prior to bedtime, or as directed by your qualified health consultant. **Warning:** Do NOT drive or operate machinery immediately following use of this product.

Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation. Biorhythm is disturbed by stress, crossing time zones and changing work shifts. **Melatonin** production also declines with age. Vitamin B6 aids melatonin metabolism.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY ASSURED BY HPLC

Jarrow FORMULAS™



1 mg. Melatonin plus
Magnesium and B-6
120 sustained release tablets

Each tablet contains:	Amount	%RDI
Melatonin	1 mg.	*
Vitamin B6 (Pyridoxine HCl)	2 mg.	100%
Magnesium (from oxide)	100 mg.	25%

Excipients: Cellulose, magnesium stearate and NO other ingredient.

NOTE: Do not use if you are pregnant, lactating or under the age of 18. Anyone who has been diagnosed with MS, lymphoma, leukemia, diabetes, epilepsy, autoimmune disease, or uses MAO inhibitors (such as iproniazid) should not take melatonin.

Lot #. Best Used Before.

Superior Nutrition and
Formulation by
Jarrow
FORMULAS™
Los Angeles, CA
90035



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Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation. Biorhythm is disturbed by stress, crossing time zones and changing work shifts. **Melatonin** production also declines with age. Vitamin B6 aids melatonin metabolism.

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Jarrow FORMULAS™



1 mg. Melatonin plus
Magnesium and B-6
60 sustained release tablets

Each tablet contains:	Amount	%RDI
Melatonin	1 mg.	*
Vitamin B6 (Pyridoxine HCl)	2 mg.	100%
Magnesium (from oxide)	100 mg.	25%

Excipients: Cellulose, magnesium stearate and NO other ingredient. Capsule consists of gelatin.

NOTE: Do not use if you are pregnant, lactating or under the age of 18. Anyone who has been diagnosed with MS, lymphoma, leukemia, diabetes, epilepsy, autoimmune disease, or uses MAO inhibitors (such as iproniazid) should not take melatonin.

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