

1824 South Robertson Blvd.  
Los Angeles, CA 90035-4317  
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www.Jarrow.com

### FAX NUMBERS

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

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

July 23, 2004  
AUG - 6 2004

Dear CFSAN:

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

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

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

**(2) Statements:**

MK-7 is an extract from genetically unmodified (non-GMO) soybeans fermented with *Bacillus subtilus natto*. MK-7 is concentrated without solvents. MK-7 (Menaquinone-7) is an enhanced bioactive form of vitamin K2, also known as Menaquinones. MK-7 from Natto is ten times better absorbed than K1 from spinach. While vitamin K1 is primarily absorbed by the liver, MK-7 is absorbed in extrahepatic tissues, such as the arterial wall, pancreas, and testes. Vitamin K functions primarily as a co-factor for the enzyme gamma-glutamyl-carboxylase, responsible for carboxylation of specific bone proteins. Each softgel of MK-7 offers the amount of menaquinone-7 (MK-7) found in 120 grams of cheese.

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

MK-7 (Vitamin K2 as Menaquinone-7) and Natto Extract Nattokinase

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

MK-7 — 90 mcg, 30 softgels

**(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 the nutrients.

Respectfully submitted,

  
Siddharth Shastri, M. Sc.  
Vice President, Product Development

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