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January 1, 2000

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Dockets Management Branch (HFA - 305)  
Food and Drug Administration  
Docket #97N-0511  
5630 Fishers Lane, Room 1061  
Rockville, MD 20857

Dear FDA,

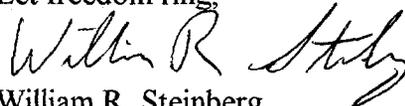
I regularly consume raw, unpasteurized fresh juice as part of my diet. Since having a diet of fresh fruits and vegetables, I have not been ill, nor have I required medication. I don't get heartburn or any of the other ills that plague this society.

Fresh, unpasteurized juice contains live enzymes, and does not contain any chemical byproducts from heat treatment, or other treatments such as X-rays, Gamma rays, or other such high-tech adulteration. If your food doesn't have its natural live enzymes, then your pancreas must manufacture these enzymes. The problem, according to Dr. Howell in his book Enzyme Nutrition is that the pancreas has finite lifetime manufacturing capability. If you waste this capacity on food enzymes, then there is less available for the immune system. Also, pasteurized food, including juice produces leukocytosis, whereas raw food does not. The benefits of fresh juice are clear, in that the enzymes are alive, and the body can directly utilize the nutrients without the immune system going on the warpath.

Fresh, unpasteurized juice is safe. Companies producing fresh juice, using modern hygienic techniques produce a safe and nutritious product. If there is a concern that some manufacturers take short cuts with our health, then the FDA should monitor those manufacturers. I have no problem with the FDA taking samples and checking them for safety. Manufacturers who fall short must meet hygienic standards, or be shut down. The industry as a whole should not be punished for the failure of the few.

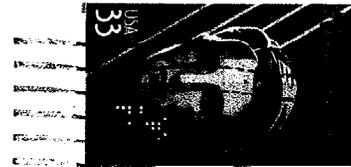
As a adult, I believe that the government should not protect me against my own choices and decisions. I believe that cigarette smokers should have access to cigarettes. Beer drinkers should have access to beer. Feel free to stick warning labels on these products. Soon, every product will have warning labels. Even bottled water should have a warning label, since you can drown in water. By taking away the freedom to choose, you will destroy small businesses which have built a market in fresh made juices. These businesses will surely fail if they are required to pasteurized their juices. The market is saturated with pasteurized juices. Let the consumer decide whether they want their juice live or dead.

Let freedom ring,

  
William R. Steinberg

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