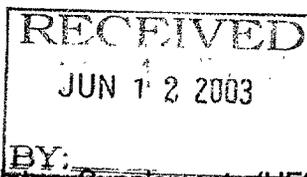


1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
310/204-6936 • 800/726-0886
www.Jarrow.com

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):

Riboflavin is an essential B vitamin typically found in meat, eggs, dairy and legumes. Riboflavin is utilized by the liver, brain, heart and other tissues to synthesize flavine mononucleotide (FMN) and flavine adenine dinucleotide (FAD), the active forms of riboflavin. FMN and FAD are cofactors for a variety of oxidative enzyme systems and function as electron carriers important for the synthesis of energy (ATP). FAD is also involved in the activation of folate, the metabolism of neurotransmitters, and regeneration of reduced glutathione. Alcohol reduces digestion and absorption of riboflavin. Riboflavin also supports the metabolism of carbohydrates.

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

Riboflavin

(4) Name of the dietary supplement(s)

Riboflavin 25 25 mg • 100 capsules

(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,

A handwritten signature in black ink.

Siddharth Shastri
Vice President, Product Development

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975 0162

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