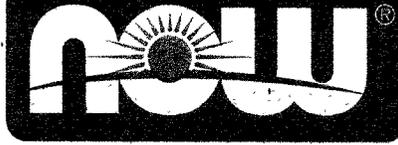


Supplements

Herbs



Food

Cosmetics

We Make Quality Affordable

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March 15, 2005

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Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
Office of Nutritional Products, Labeling, and Dietary Supplements  
Division of Nutritional Programs and Labeling  
200 C Street SW  
Washington, DC 20204

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of TMG, 1000 mg Tablets, a dietary supplement.

Statements being made in the labeling of TMG, 1000 mg Tablets:

- (1). Methylation is a normal biological process that occurs in healthy human bodies every minute of every day. Methylation is an important step in the conversion of homocysteine, a damaging amino acid, into the biologically safe and beneficial amino acid, methionine. In addition, methylation is required for DNA repair, as well as for the production of SAME, which helps maintain healthy joint tissue. Methylation can be inhibited by poor or inadequate diet and unhealthy lifestyle practices. TMG (Trimethyl Glycine) has been shown to be a safe and effective methyl donor for the facilitation of methylation processes. TMG supplementation has been shown in clinical and non-clinical studies to support healthy a homocysteine level, which in turn supports healthy cardiovascular function.

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. NOW Foods possesses substantiation that the statements are truthful and not misleading.

Michael Lelah, Ph.D.  
Technical Director  
NOW Foods  
395 S. Glen Ellyn Rd.  
Bloomington, IL 60108

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Michael Lelah