

JARROW FORMULAS, INC.
SUPERIOR NUTRITION
AND FORMULATION

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JARROW
FORMULAS™

Dr. Elizabeth Yetley, Ph.D.
F.D.A.
Office of Special Nutrition, HFS-450
200 "C" St., S.W.
Washington, DC 20204

Dear Dr. Yetley,

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: Creatine Monohydrate

Active Ingredient: Creatine Monohydrate

Claim(s): Creatine is synthesized in the liver from the amino acids arginine and glycine and stored in the major skeletal muscles including the heart. Once inside the muscle, it is phosphorylated to form creatine phosphate which is a high energy substrate that assists in the contraction of the myofibrils (muscle fibers). Creatine phosphate is utilized to maintain higher levels of ATP during exercise. Creatine phosphate maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid.

The following disclaimer appears on the label: 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.

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,



Mark Olson, M.Sc.
Dir. of Research and Development

975-0162

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