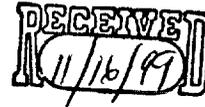


1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
310/204-6936 • 800/726-0886
November 10, 1999

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

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. S.W.
Washington, DC 20204



Dear Sir or Madam:

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 and address of distributor:**
Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035
- (2) **Text of the statement(s):**
Methylcobalamin 5000. The Superior Form of B12
Methylcobalamin 1000. The Superior Form of B12
 - Protects Brain Cells and Nerve Tissue

Methylcobalamin (Methyl B12) is better absorbed and retained than other forms of B12 (such as cyanocobalamin). Methyl B12 protects nerve tissue and brain cells and promotes better sleep. Methyl B12 is a cofactor of methionine synthase, which reduces toxic homocysteine to the essential amino acid methionine. Methylcobalamin also protects eye function against toxicity caused by excess glutamate.

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

Methylcobalamin

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

Methylcobalamin 5000

Methylcobalamin 1000

(5) **The following disclaimer appears on the label:** 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. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Siddharth Shastri".

97S-0162

Siddharth Shastri

Director of Product Development

68081

LET 4666