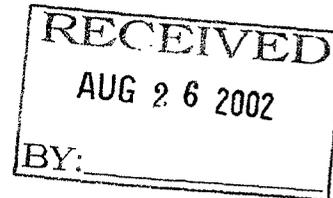


Source Naturals®
23 Janis Way
Scotts Valley, CA 95066

August 15, 2002

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



RE: Notification of Nutritional Support Statements

Dear Sir or Ma'am:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Vitamin E VegaGels™ 400 IU Mixed Tocopherols dietary supplement. Source Naturals® is the manufacturer of Vitamin E VegaGels™ 400 IU Mixed Tocopherols.

Statements being made in the labeling of Vitamin E VegaGels™ 400 IU Mixed Tocopherols:

- (1) Vitamin E is a fat-soluble nutrient which has strong antioxidant activity. It plays a vital role in controlling lipid peroxidation because most other antioxidants are water-soluble and not found in appreciable amounts in fatty tissues.
- (2) The combination of *D-alpha*-tocopherol and mixed tocopherols has been shown to provide a broader spectrum of activity than *D-alpha*-tocopherol alone.
- (3) Natural vitamin E is more bioavailable than synthetic vitamin E.

To the best of my knowledge and belief, and based upon information available at the time of the execution of this notice, I certify that the above information is accurate and complete. Source Naturals possesses substantiation that the statements are truthful and not misleading.


Ira L. Goldberg
President, Source Naturals®

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