

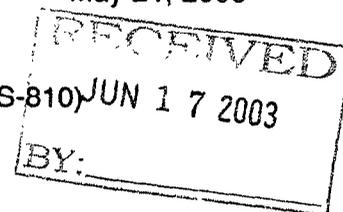
1824 South Robertson Blvd.  
Los Angeles, CA 90035-4317  
310/204-6936 • 800/726-0886  
www.Jarrow.com

FAX NUMBERS  
Orders 800/890-8955  
General 310/204-2520  
Administrative 310/204-5132

1-20 00 22 21 25 34

May 21, 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):**

**BCAA Complex** contains the ideal 2:1:1 ratio of the free-form, crystalline branched chain amino acids L-Leucine, L-Isoleucine and L-Valine combined with the conditionally essential amino acid L-Glutamine. The higher amount of Leucine reflects it's importance in muscle metabolism as the most effective branch chain amino acid for stimulation of protein synthesis and it is more readily utilized for energy. BCAAs exert an anticatabolic effect by reducing the breakdown of protein, thereby protecting muscle tissue. Glutamine is a preferred source of fuel for the intestinal cells and is in high demand by skeletal muscles following physical exertion. Vitamin B6 enhances amino acid metabolism.

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

Branch Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine) • Glutamine  
• Vitamin B6

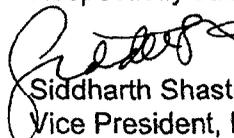
**(4) Name of the dietary supplement(s)**

Branch Chain Amino Acid Complex with Glutamine 600mg • 120 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,

  
Siddharth Shastri  
Vice President, Product Development

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