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May 22, 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

6/17/03

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):**

Thiamin is an essential B vitamin typically found in meat, legumes, grain, yeast, and wheat germ. Thiamin is utilized by the liver, brain, and other tissues to synthesize thiamin diphosphate (TDP), the active form of thiamin. TDP is critical for the metabolism of carbohydrates into energy (ATP) by serving as a coenzyme for the oxidative decarboxylation of pyruvate and alpha-ketoglutarate. Also, TDP promotes healthy nerve function since it is required for the synthesis of acetylcholine. Anti-Thiamin factors include thiaminases found in raw fish, certain polyphenols (such as tannic and caffeic acids found in blueberries and brussel sprouts) and alcohol.

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

Thiamin (as Hydrochloride)

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

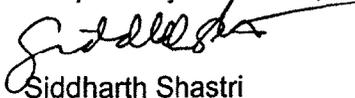
Thiamin 25 25 mg • 100 capsules

**(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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