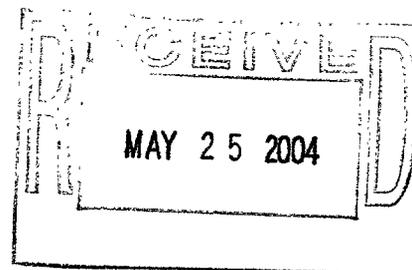




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May 12, 2004

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Food and Drug Administration  
 Center for Food Safety and Applied Nutrition  
 Office of Nutritional Products, Labeling, and Dietary Supplements  
 Division of Nutritional Programs and Labeling  
 200 C Street SW  
 Washington, DC 20204

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of Low Carb Diet Defender, a dietary supplement.

Statements being made in the labeling of Low Carb Diet Defender:

(1) Use NOW® Low-Carb Diet Defender to help you stay on track with your low carb diet. This product contains PHASE 2®, an all-natural bean extract that inhibits alpha-amylase activity, thereby preventing the breakdown of dietary starches into glucose. This minimizes the conversion of these carbohydrates from glucose into fat. By maximizing your body's conversion of proteins and fats into usable nutrients and blocking conversion of starch into sugar, NOW® Low-Carb Diet Defender is like a healthy dose of will power with every meal.\*

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. NOW Foods possesses substantiation that the statements are truthful and not misleading.

Jim Roza  
 Director, Quality Assurance  
 NOW Foods  
 395 S. Glen Ellyn Rd.  
 Bloomingdale, IL 60108

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