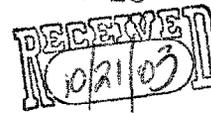


formulas for your future



October 6, 2003

7851 '03 NOV -3 P1:26



Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
FDA
200 C Street, SW
Washington, DC 20204

P.O. Box 199

RE: Notification for Statement on Dietary Supplement

Dear Sir/Madam:

110 South Garfield

In compliance with the Dietary Supplement Health and Education Act of 1994, **Highland Laboratories, 110 S Garfield, PO Box 199, Mt. Angel, Oregon 97362**, hereby makes its official notification under Section 101.93 that it has included a statement listed in Section 403(r)(6) of the Federal Food, Drug, Cosmetic Act on its label. Accordingly, enclosed please find two (2) copies of this Notification.

Mt. Angel, OR 97362

Company	Product Name	Dietary Ingredients	Statements
Highland Laboratories	Mind Body Energy™	Acetyl-L-Carnitine, GPC (alpha-glycerolphosphorylcholine, DHA (docosahexaenoic acid)	Cellular Energy <i>Please see attachment 1</i>

503-845-9223

I hereby certify that the information presented and contained in this notice is complete and accurate, and my files contain substantiation that the statements made are truthful and misleading.

1-800-547-0273

Sincerely,

Candis L. Scott
CEO Highland Laboratories

FAX 503-845-6364

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email: highlnd@pdx.oneworld.com

Attachment 1
Highland Laboratories

MIND BODY ENERGY™
Cellular Energy

Brain: *A large soft mass of nerve tissue contained within the cranium; the cranial portion of the central nervous system.*

The brain is the principal organ in the body. It runs on chemicals and electricity. Messages are sent across the brain through neurotransmitters, which are the biochemical mediators that stimulate the brain's electrical impulses translating them into thoughts, sensations, and emotion.

Neurotransmitters are used up daily. Heavy mental or physical stress can cause the neurotransmitters to be used at a faster than normal pace.¹ Exposure to everyday substances found in the air and in the foods we eat can wreak havoc on cell membranes.

Speaking of cell membranes, wouldn't you like to know what they're made up of? Phospholipids, protein, and cholesterol are necessary for the cell to be able to protect itself from damage and to remain healthy and functional.

Within each cell is something called an organelle. This is a specialized part of the cell that performs a specific function: for example mitochondria are an organelle. Mitochondria are considered the powerhouse of all cells.² They take nutrients and convert them into energy for the cell's use. Lysosomes are

another type of organelle. They are tiny sacs filled with enzymes making it possible for the cell to utilize its nutrients.

When you stop and think about it, our cells are the most important aspect of our overall health. Cells contribute to reproduction, energy, thoughts, emotions, and the immune system to name just a few.

It follows then, that unhealthy cells are, well, unhealthy. You may find yourself unable to concentrate, feeling sluggish, or "off your game".

Mind Body Energy™ was designed to help you maintain cellular health. Bruce Ames, a professor at University of California Berkley, has done extensive studies regarding the effects of free radical damage and aging on rat brains. Sounds a little disgusting however, his conclusions can be interpreted to include human cells.³

- *Acetyl-L-Carnitine* – Facilitates the transport of fatty acids into the mitochondria, making it easier to convert to energy.
- *Alpha-glycerolphosphorylcholine* – Choline is an essential component of phospholipids, and is the building block for

¹ Hackman, Ph.D., Robert, "Glutamine and Human Performance," *Nutrition Science News*, 3/97

² Ulysses Press, "Know Your Body, the Atlas of Anatomy", 2002

³ Ames, Bruce N et al "Age-Associate mitochondrial oxidatative decay: Improvement of carnitine acetyltransferase substrate-binding affinity and activity in brain by feeding old rats acetyl-l-carnitine" Division of Biochemistry and Molecular Biology, University of California, Berkley 2001

Attachment 1

Highland Laboratories

acetylcholine a major neurotransmitter.

- *DHA (docosahexaenoic acid)* – Is essential for the growth and development of the brain in infants. It is also required for maintenance of normal brain function in adults. DHA is the brain's favorite fatty acid, accepting it before any other.

Available in a 30 capsule bottle, Mind Body Energy™ is a synergistic formula supporting basic cellular health.

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.