

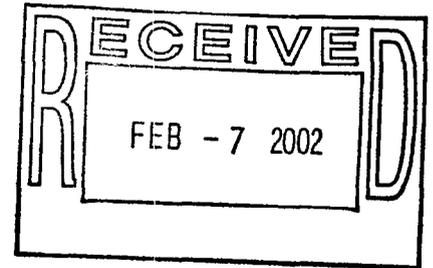
1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
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Fax Numbers
Orders 800/890-8955
General 310/204-2520
Administrative 310/204-5132

Dec. 14, 2001

SECTION 403 (r) (6) NOTIFICATION

Office of Special Nutritionals (HFS-810)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington, DC 20204



Dear Sir or Madam:

In accordance with the requirement of Section 403 (r)(6) of the Federal Food, Drug and Cosmetic Act, and Rule CFR 101.93, we hereby notify FDA that Jarrow Formulas' Cal-Mag Citrates™ product bears the following statements:

1. Jarrow Formulas, Inc., 1824 S. Robertson Blvd., Los Angeles, CA 90035-4317
www.jarrow.com
2. Statements:
 - Promotes Bone Health.
 - Health Claim: Regular, weight-bearing exercise and a healthy diet with adequate calcium, including supplementation, helps teen and young adult women build bone mass and maintain bone health and may reduce their risk of osteoporosis later in life. Daily calcium intake above 2,000 mg is not likely to provide additional benefit. Adequate calcium intake is also linked to reduced osteoporosis by slowing bone loss in older men and women.
 - Vitamin D is essential for intestinal calcium and phosphorous absorption. Ergocalciferol is a vegetarian form of Vitamin D.
 - Magnesium works with calcium and other minerals in bone formation. It is involved in over 300 enzyme reactions, energy (ATP) metabolism, cardiac and smooth muscle contraction.
 - **Disclaimer: 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.**

I certify that the information contained in the notice is complete and accurate, and that Jarrow Formulas has substantiation that the statement is truthful and not misleading.

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Sincerely

A handwritten signature in black ink, appearing to read "Peilin Guo".A handwritten signature in black ink, appearing to read "Sid Sles".

Peilin Guo, MS, RD
Dir. Functional Foods Program