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Los Angeles, CA 90035-4317
310/204-6936 • 800/726-0886

Fax Numbers
Orders 800/890-8955
General 310/204-2520
Administrative 310/204-5132

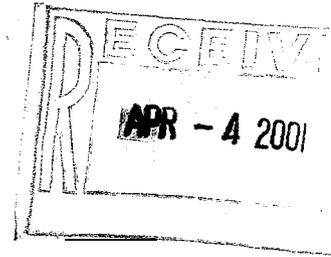
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March 5, 2001

SECTION 403 (r) (6) NOTIFICATION

Office of Special Nutritionals (HIS-81 0)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 c St. SW
Washington, DC 20204



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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 notifies FDA that **Jarrow Formulas' Fiber Perfect™** product bears the following statements:

1. Jar-row Formulas, Inc., 1824 S. Robertson Blvd., Los Angeles, CA 90035-43 17
www.jarrow.com
2. Statements:
 - a. Promotes Healthy Bowel Function.
 - b. Fiber Perfect is a combination of natural dietary fibers, green algae, **botanicals**, organic acids and the cell walls of beneficial bacteria. Fiber Perfect promotes normal bowel **function**, increases stool bulk and the growth of beneficial intestinal microflora.
 - c. Fibers-Psyllium, inulin-FOS and beet fiber promote normal bowel function and help friendly bacterial growth. **Chlorella & Botanicals**—Yaeyama **chlorella**, fennel seed, rhubarb root, dandelion, ginger root, slippery elm bark and peppermint leaves promote regular bowel function and soothe the digestive tract. **Metabolin™**—**Beneficial** metabolites and cell walls of lactic and propionic acid producing bacteria. These beneficial bacteria byproducts help balance intestinal microflora, which may reduce the accumulation of toxins produced by putrefactive bacteria and the production of gas.
 - d. Other ingredients: Cellulose and magnesium stearate.
 - e. Disclaimer (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.

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- f. **Notice:** This product contains rhubarb. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain.** Consult your health professional if you have frequent diarrhea. If you are pregnant, nursing or taking medication or have medical condition, consult your health professional before using this product.

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.

Sincerely

A handwritten signature in black ink, appearing to read "Peilin Guo". The signature is written in a cursive, flowing style.

Peilin Guo, MS, RD
Dir. Functional Foods Program