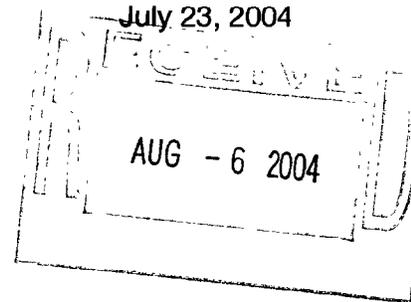


1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
310/204-6936 • 800/726-0886
www.Jarrow.com

FAX NUMBERS
Orders 800/890-8955
General 310/204-2520
Administrative 310/204-5132

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



Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) Name and Address of distributor:

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) Statements:

Biotin is a water-soluble B vitamin typically found in liver, egg yolk, cereals, legumes and nuts. In the body, biotin is found in low concentrations in the brain, liver and muscle tissue. Biotin is utilized to synthesize intracellular carboxylase enzymes and is essential for normal skin and hair growth. The various carboxylase enzymes are important for lipid metabolism and energy production (ATP) via synthesis of oxaloacetate. Alcohol decreases biotin status in the body.

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

d-Biotin

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

Biotin — 5 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 the nutrients.

Respectfully submitted,

Siddharth Shastri, M. Sc.
Vice President, Product Development

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