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May 22, 2003

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

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JUN 17 2003

Dear CFSAN:

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

(1) Name of Address of distributor:

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

(2) Text of the statement(s):

Activated Selenium[™] contains the effective selenium compounds Selenomethionine and Methylselenocysteine combined with Garlic, Vitamins B2 and E. Methylselenocysteine from broccoli is, the predominant and most active form of selenium found in nature and food. Each serving of Activated Selenium[™] contains 12mcg of Methylselenocysteine.
Vitamins E and B2 (Riboflavin) are important to the metabolism of Selenium. Odor Modified Garlic is a source of cysteine, an amino acid used in Selenium metabolism.

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

Vitamin E (d-Alpha Tocopheryl Succinate) • Vitamin B2 (Riboflavin) • Selenium (L-Selenomethionine and Methylselenocysteine 12 mg) • Broccoli • Garlic (Odor Modified)

(4) Name of the dietary supplement(s)

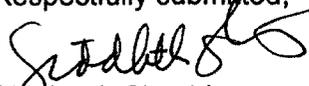
Activated Selenium[™] 50 capsules

(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 these nutrients.

Respectfully submitted,


Siddharth Shastri
Vice President, Product Development

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