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December 01, 2004

DEC 16 2004

Food and Drug Administration
 Center for Food Safety and Applied Nutrition
 Office of Nutritional Products, Labeling, and Dietary Supplements
 Division of Nutritional Programs and Labeling
 200 C Street SW
 Washington, DC 20204

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of Chitosan, 500 mg Caps, a dietary supplement.

Statements being made in the labeling of Chitosan:

(1) Chitosan is a dietary fiber derived from the shells of crustaceans that has been shown in non-clinical studies to bind to fat and cholesterol in the digestive tract. NOW Chitosan contains LipoSan Ultra, a patented high-density of Chitosan that binds up to five times more fat than conventional Chitosan according to laboratory testing. A published clinical study has demonstrated that LipoSan Ultra, taken as directed, may aid in the support of healthy body weight and serum cholesterol levels. NOW has also included Chromium in this formula. Chromium is an essential trace mineral that works with insulin to support healthy blood glucose levels and plays an important role in the proper utilization of protein, fat, and carbohydrates.

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. NOW Foods possesses substantiation that the statements are truthful and not misleading.

Jim Roza
 Director, Quality Assurance
 NOW Foods
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Also see 975-0163

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