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June 30, 2005

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

JUL 18

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 Triphala, a dietary supplement.

Statements being made in the labeling of Triphala:

- (1) Triphala is a combination of three fruits (Harada, Amla, and Behada) that has been used in Ayurvedic herbalism for thousands of years. Triphala's historical use as a digestive cleanser and tonifier has been backed up with numerous modern scientific studies demonstrating the positive effects of its component herbs on the gastrointestinal tract. In addition, Triphala has been shown to be a potent antioxidant, protecting cells against the damaging effects of free radicals.

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.

Michael Lelah, Ph.D.
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Michael Lelah

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