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P U R E - G A R[®]
A SUBSIDIARY OF BASIC VEGETABLE PRODUCTS

April 12, 1996

Elizabeth Yetley, Ph.D.
Food & Drug Administration
Office of Special Nutritionals
200 C Street, S.W.
Washington, D.C. 20204

Dear Dr. Yetley:

Pursuant to Section 6 of the Dietary Supplement Health & Education Act of 1994, Pure-Gar wishes to notify the Food & Drug Administration that it has, within the past 30 days, commenced marketing dietary supplements which bear the following statements of nutritional support:

- The dietary supplement for which the statement is made is garlic. The statement of nutritional support reads as follows:

"Garlic lowers serum cholesterol and benefits the circulatory system."

- The dietary supplement for which the statement is made is garlic & ginkgo. The statement of nutritional support reads as follows:

"Garlic lowers serum cholesterol and benefits the circulatory system."

"Ginkgo Biloba improves memory and concentration."

- The dietary supplement for which the statement is made is garlic & ginseng. The statement of nutritional support reads as follows:

"Garlic lowers serum cholesterol and benefits the circulatory system."

"Ginseng ... [is] a natural energy booster."

These statements are accompanied by the required disclaimer which is prominently displayed in bold-faced type.

These statements of nutritional support are based on a large body of data which, in our judgment, renders these statements substantiated, truthful and non-misleading.

Sincerely,

William L. Spencer, Jr.
President

WLS/tt

975-0162

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01996 PURE-GAR®



DISTRIBUTED BY:
PURE-GAR®
P.O. BOX 98813
TACOMA, WA 98498

TWO CAPLETS DAILY TAKEN
WITH MEALS PROVIDE
EQUivalent TO TWO (1,200 mg)
FRESH GARLIC CLOVES.
INGREDIENTS: 100% PURE-GAR®
GARLIC, CELLULOSE, CALCIUM
PHOSPHATE, STEARIC ACID,
MAGNESIUM STEARATE,
SILICON DIOXIDE, AQUEOUS
BASE FILL COAT.

HIGHGAR FARMS™

Critical studies indicate that garlic lowers serum cholesterol and benefits the circulatory system.*
Products providing standardized amounts of garlic's key compounds proved the most effective, and each
HIGHGAR FARMS caplet gives you 800 mg of the certified levels of these compounds (see table below).

To reduce serum cholesterol levels, take one caplet in the morning and one caplet in the evening prior
to meals, or as recommended by your physician. For general health, take one caplet daily with a full
glass of water at mealtimes. HIGHGAR FARMS should be taken consistently for optimum results.
Please note: If you have a physical condition that requires you to lower your serum cholesterol level,
consult your healthcare professional.

Certified to contain a minimum level of:

Allicin	18,000 mcg
Allicin Yield	8,000 mcg
Gamma-Gluutamyl Cysteine	20,000 mcg
Total Thiolsulfonates	8,500 mcg
Total Sulfur	6,500 mcg

Per Caplet

Allicin	10,800 mcg
Allicin Yield	4,800 mcg
Gamma-Gluutamyl Cysteine	12,000 mcg
Total Thiolsulfonates	5,100 mcg
Total Sulfur	3,900 mcg

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.
For a free copy of HIGHGAR FARMS vs. the leading brand, write to:
HIGHGAR FARMS, P.O. Box 98813, Tacoma, WA, 98498.
75 caplets individually sealed for your protection.

**50% MORE GARLIC PER CAPLET
THAN THE LEADING BRAND**

FREE 25% MORE CAPLETS

HIGHGAR FARMS™

CERTIFIED • HIGH POTENCY

GARLIC

NO AFTER ODOR
75 CAPLETS

**LOWERS SERUM CHOLESTEROL WITH
TWICE THE GARLIC...HALF THE PRICE**
(See Back Panel)

HIGHGAR FARMS™

**Nutrition
Facts**

SERVING SIZE 1 CAPLET

AMOUNT PER SERVING	
CALORIES 0 CALORIES FROM FAT 0	
% DAILY VALUE**	
TOTAL FAT 0 g	0%
SODIUM 0 g	0%
TOTAL CARBOHYDRATE 0 g	0%
PROTEIN 0 g	0%

NOT A SIGNIFICANT SOURCE OF OTHER NUTRIENTS.

**PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

RECOMMENDED:
1 CAPLET, 2 TIMES A DAY
WITH MEALS.

BEST WHEN USED
BY:

LOT
#

©1998 PURE-GARF



DISTRIBUTED BY:
PURE-GARF®
P.O. BOX 98813
TACOMA, WA 98498

INGREDIENTS: 100% PURE-GARF®
GARLIC, CELLULOSE, CALCIUM
PHOSPHATE, STEARIC ACID,
MAGNESIUM STEARATE,
SILICON DIOXIDE, AQUEOUS
BASE FILM COAT.
TWO CAPLETS DAILY TAKEN
WITH MEALS PROVIDE
EQUivalent TO TWO (1,200 mg)
FRESH GARLIC CLOVES.

HIGHGAR FARMS™

HIGHGAR FARMS™

Certified to contain a minimum level of:

Allicin	18,000 mcg
Allyl Sulfide	8,000 mcg
Gamma-Glutamyl Cystinyl Sulfide	20,000 mcg
Total Thiolsulfonates	8,500 mcg
Total Sulfur	8,500 mcg

Per Caplet

10,000 mcg
4,500 mcg
12,000 mcg
5,100 mcg
3,900 mcg

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For a free comparison of HIGHGAR FARMS™ vs. the leading brand, write to: HIGHGAR FARMS, P.O. Box 98813, Tacoma, WA 98498.

60 caplets individually sealed for your protection.

**50% MORE GARLIC PER CAPLET
THAN THE LEADING BRAND**

**FREE GARLIC & GINKGO BONUS PACK
OF 15 INSIDE!**

HIGHGAR FARMS™



CERTIFIED • HIGH POTENCY

GARLIC

**NO AFTER ODOR
60 CAPLETS**

**LOWERS SERUM CHOLESTEROL WITH
TWICE THE GARLIC...HALF THE PRICE**
(See Back Panel)

HIGHGAR FARMS™

Nutrition Facts

SERVING SIZE 1 CAPLET

AMOUNT PER SERVING

CALORIES & CALORIES FROM FAT

% DAILY VALUE**

TOTAL FAT	0 g	0%
SODIUM	0 g	0%
TOTAL CARBOHYDRATE	0 g	0%
PROTEIN	0 g	0%

NOT A SIGNIFICANT SOURCE OF OTHER NUTRIENTS.

**PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

RECOMMENDED:
1 CAPLET, 2 TIMES A DAY
WITH MEALS.

BEST WHEN USED BY:

LOT #



HIGHGAR FARMS™

INGREDIENTS: 100% PURE-GARF GARLIC, CELLULOSE, CALCIUM PHOSPHATE, STEARIC ACID, MAGNESIUM STEARATE, SILICON DIOXIDE, AQUEOUS BASE FILM COAT.

TWO CAPLETS DAILY TAKEN WITH MEALS PROVIDE EQUIVALENT TO TWO (1,200 mg) FRESH GARLIC CLOVES.

DISTRIBUTED BY:
 PURE-GARF
 P.O. BOX 98813
 TACOMA, WA 98498



©1986 PURE-GARF

HIGHGAR FARMS™

Medical studies indicate that pure lowers serum cholesterol and benefits the circulatory system.* Products providing standardized amounts of garlic's key compounds proved the most effective, and each HIGHGAR FARMS caplet gives you 500 mg of the certified levels of those compounds (see table below).

To reduce serum cholesterol levels, take one caplet in the morning and one caplet in the evening prior to meals, or as recommended by your physician. For general health, take one caplet daily with a glass of water at mealtimes. HIGHGAR FARMS should be taken consistently for optimum results.

Please note: If you have a physical condition that requires you to lower your serum cholesterol level, consult your healthcare professional.

Certified to contain a minimum level of:

Per Caplet	12,000 mcg	Allicin
	10,800 mcg	
	4,800 mcg	Gamma-Glutamyl Cysteine
	20,000 mcg	Total Thioglucosides
	8,500 mcg	Total Sulfur
	3,500 mcg	

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. HIGHGAR FARMS, P.O. Box 98813, Tacoma, WA 98498.

80 caplets individually sealed for your protection.

50% MORE GARLIC PER CAPLET THAN THE LEADING BRAND

HIGHGAR FARMS™

FREE GARLIC & GINSENG BONUS PACK OF 15 INSIDE!

Nutrition Facts

SERVING SIZE 1 CAPLET

AMOUNT PER SERVING

CALORIES 0 CALORIES FROM FAT 0

% DAILY VALUE**

TOTAL FAT	0 g	0%
SODIUM	0 g	0%
TOTAL CARBOHYDRATE	0 g	0%
PROTEIN	0 g	0%

NOT A SIGNIFICANT SOURCE OF OTHER NUTRIENTS.

**PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

RECOMMENDED: 1 CAPLET, 2 TIMES A DAY WITH MEALS.

HIGHGAR FARMS™



CERTIFIED • HIGH POTENCY

GARLIC

NO AFTER ODOR
60 CAPLETS

LOWERS SERUM CHOLESTEROL WITH TWICE THE GARLIC...HALF THE PRICE
(See Back Panel)

BEST WHEN USED BY:
LOT #



©1996 PURE-GAR®



TACOMA, WA 98498

P.O. BOX 98813

PURE-GAR®

DISTRIBUTED BY:

FRESH GARLIC CLOVES.

EQUIVALENT TO TWO (1,500 mg)

WITH MEALS PROVIDE

TWO CAPLETS DAILY TAKEN

FILM COAT.

DIOXIDE, AQUEOUS BASE

STEARATE, SILICON

ACID, MAGNESIUM

PHOSPHATE, STEARIC

CELLULOSE, CALCIUM

PURE-GAR® GARLIC

INGREDIENTS: 100%

HIGHGAR FARMS™

HIGHGAR FARMS™

Clinical studies indicate that garlic lowers serum cholesterol and benefits the circulatory system. HIGHGAR FARMS caplet gives you 600 mg of the certified levels of those compounds (see table below). To reduce serum cholesterol levels, take one caplet in the morning and one caplet in the evening prior to meals, or as recommended by your physician. For general health, take one caplet daily with a full glass of water at mealtimes. HIGHGAR FARMS should be taken consistently for optimum results. Please note: If you have a physical condition that requires you to lower your serum cholesterol level, consult your healthcare professional.

Certified to contain a minimum level of:

Allicin	18,000 mcg
Allicin Yield	8,000 mcg
Garminophylamin Cysteine	20,000 mcg
Total Thiocyanates	8,500 mcg
Total Sulfur	8,500 mcg
Per Caplet	10,000 mcg
	4,000 mcg
	12,000 mcg
	5,100 mcg
	3,900 mcg

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For a free copy of HIGHGAR FARMS vs. the leading brand, write to: HIGHGAR FARMS, P.O. Box 98813, Tacoma, WA 98498.

60 caplets (approximately) usually needed for your protection.

50% MORE GARLIC PER CAPLET THAN THE LEADING BRAND

HIGHGAR FARMS™

Nutrition Facts

SERVING SIZE 1 CAPLET

AMOUNT PER SERVING

CALORIES & CALORIES FROM FAT 0

% DAILY VALUE**

TOTAL FAT 0 g 0%

SODIUM 0 g 0%

TOTAL CARBOHYDRATE 0 g 0%

PROTEIN 0 g 0%

NOT A SIGNIFICANT SOURCE OF OTHER NUTRIENTS.

** PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.

RECOMMENDED: 1 CAPLET, 2 TIMES A DAY WITH MEALS.

50% MORE GARLIC PER CAPLET

HIGHGAR FARMS™



CERTIFIED • HIGH POTENCY

GARLIC

NO AFTER ODOR

60 CAPLETS

LOWERS SERUM CHOLESTEROL WITH TWICE THE GARLIC... HALF THE PRICE

(See Back Panel)

BEST WHEN USED BY:

LOT #

