

Source Naturals, Inc.
Scotts Valley, CA 95066

December 28, 2000

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Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 c St. SW.,
Washington, D.C. 20204

JAN - 8 2001

RE: Notification of Nutritional Support Statements

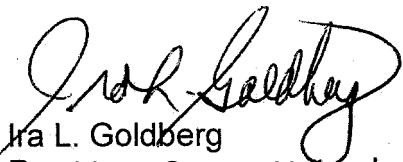
Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of B-125 Complex, a dietary supplement. Source Naturals' is the manufacturer of B-125 Complex.

Statements being made in the labeling of B-125 Complex:

(1) B-vitamins are essential components of numerous key enzyme systems, without which the body cannot function. Each B-vitamin fills a different, complementary need, which is why they should usually be taken together. B-vitamins act as coenzymes catalyze numerous biochemical reactions. They are necessary for energy production, blood cell formation, fat and protein/amino acid metabolism, and normal functioning of the nervous systems.

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



Ira L. Goldberg
President, Source Naturals, Inc.

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