

Source Naturals
Scotts Valley, CA 95066

December 8, 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

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 NutraFlora® (Fructooligosaccharides) a dietary supplement. Source Naturals® is the manufacturer of NutraFlora®.

Statements being made in the labeling of NutraFlora®:

- (1) Source Naturals NutraFlora® is a complex of fructooligosaccharides (FOS) – a group of naturally occurring carbohydrates that can help promote the growth of beneficial flora in the gastrointestinal tract. The body normally maintains a balance of “friendly” flora in the intestines; unfortunately factors such as improper diet, stress, gastrointestinal problems, and use of antibiotics may disrupt this delicate balance. FOS are long chain sugars that are indigestible by humans, but serve as “food” for friendly flora, helping to increase their numbers in the body. Scientific research conducted in Japan has shown that FOS are selectively used by friendly flora such as bifidobacteria and lactobacilli.

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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