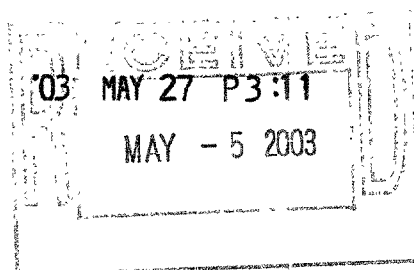


April 4, 2003

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

2675



Dear Sirs:

Notice is hereby given pursuant to the requirements of Section 403(r)(6)(21 U.S.C. §343(r)(6)) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR §101.93, that Ancient Sun Nutrition, Inc., located at P.O. Box 7555, Asheville, NC 28802, has marketed a dietary supplement within the last thirty days under the Ancient Sun brand name that bears the following statement(s) on the label and/or in the labeling (§101.93(a)(2)(ii & iii)):

**Crystal Manna™:** 100% pure AFA (*Aphanizomenon flos-aquae*). The whole algae—a daily supplement that provides essential balanced nutrients to build healthy cells and tissues. It is excellent for all-around energy as well as for maintaining superb health. Available in flakes, crystals, tablets, capsules, and chewables.

**Blue Manna™:** AFA Extract—A super-concentrated extract derived from 100% pure *Aphanizomenon flos-aquae*. Contains a significant concentration of phenylethylamine (PEA), known to enhance concentration, attention, and feelings of joy and well-being. Also rich in nutrients that support normal joint and tissue health and flexibility. Excellent for those who wish to increase focus and mental energy. Available in capsules, tablets, and powder.

**Ancient Sun™ Digestive Enzymes:** Daily mealtime supplement, aids in digestion by helping the body break down food into its basic components for proper digestion and assimilation. Contains a proprietary blend of important enzymes, herbs, and micro-algae, designed to work synergistically with your AFA program.

AFA (*Aphanizomenon-flos aquae*) is an exceptional source of health-promoting phytochemicals, such as omega-3, phycocyanin, phenylethylamine (PEA), and polysaccharides.

AFA contains a bounty of vital nutrients to help protect and nourish the body. The miracle of this unique superfood is the near-perfect proportions and balanced array in which its nutrients are found. AFA belongs to one of the oldest known families of organisms on earth: Cyanophyta, a native blue-green algae. AFA is one of the last remaining sources of wild nutrition available in commercially significant quantities. This superb whole food supplement: 1) is rich in nutrients that support normal joint

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Food and Drug Administration  
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and tissue health and flexibility, 2) may strengthen your body's own natural defenses, 3) boosts your levels of energy, stamina, and mental clarity, and 4) may support balance and homeostasis.

Documented Health Benefits—Numerous scientific and medical studies have documented the extraordinary effects of AFA to support the healthy function of: 1) the immune system, 2) joints and tissues, 3) brain and nervous system, 4) a balanced metabolism and healthy digestive tract, and 5) liver, kidneys and related organs.

Commonly reported responses to the use of AFA are: 1) increased energy, stamina, attention, focus, and mental clarity, 2) improved circulation, 3) maintenance of a healthy blood sugar level, 4) support of brain and nervous system functions, and 5) promotion and maintenance of physical and mental well-being.

The undersigned certifies that the information contained in this notice is complete and accurate and that Ancient Sun Nutrition, Inc. has substantiation that the statements are truthful and not misleading. Pursuant to §101.93(a)(1), two copies of this notification are enclosed.

Sincerely,

Clive Adams  
President

Enclosures