



The Future in Natural Foods

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February 9, 2001

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

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 Magnesium 400mg, a mineral supplement.

Statements being made in the labeling of Magnesium 400mg

- (1) NOW® Magnesium Caps are an essential mineral used by your body in numerous bodily processes including cellular energy (ATP) production, the synthesis of protein and as a cofactor in hundreds of enzymatic reactions. It also aids in maintaining mitochondrial integrity. 400mg is the recommended suggested daily intake for this key nutrient.

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.

Jim Roza
Director, Quality Assurance
NOW Foods
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Bloomington, IL 60108

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