



The Future In Natural Foods

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February 13, 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 Silymarin 150mg & 300mg, an herbal supplement.

Statements being made in the labeling of Silymarin 150mg & 300mg

- (1) Silymarin (*Silymarin marianum*), also known as Milk Thistle, is an herb that is well-documented in early traditional herbal medicine. Studies abroad and in the U.S. have indicated that constituents in silymarin may help to support healthy liver function. Silymarin is listed in the German Commission 'E' Monographs.

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.

J i m Roza  
Director, Quality Assurance  
NOW Foods  
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