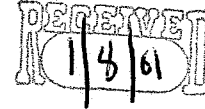


Source Naturals, Inc.
Scotts Valley, CA 95066

December 5, 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 L-Methionine a dietary supplement. Source Naturals® is the manufacturer of L-Methionine.

Statements being made in the labeling of L-Methionine:

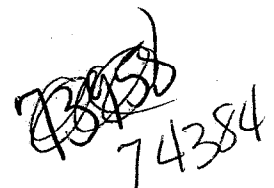
- (1) L-Methionine is an essential sulfur-containing, free form amino acid. It contributes to the synthesis of S-adenosyl-L-methionine (S-AdoMet), a metabolically activated form of methionine, which is necessary for normal brain function, and of L-cysteine, a component of glutathione, which is an important antioxidant molecule in the body.

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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