

Source Naturals, Inc.
Scotts Valley, CA 95066

December 28, 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

JAN - 8 2001

RE: Notification of Nutritional Support Statements

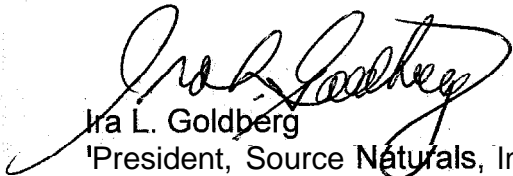
Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of B-I, a dietary supplement. Source Naturals® is the manufacturer of B-I.

Statements being made in the labeling of B-I:

(1) Vitamin B-I is essential for the metabolism of carbohydrates, some amino acids, and alcohol. B-I is necessary for the production of the neurotransmitter acetylcholine, and for the detoxification of both alcohol and lactic acid (a by-product of strenuous exercise). Thiamin has important roles in the production of energy and ATP derived from reactions in the Krebs cycle. A high carbohydrate diet, strenuous physical exercise or chronic alcohol consumption may increase the physiological need for vitamin b-I

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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