

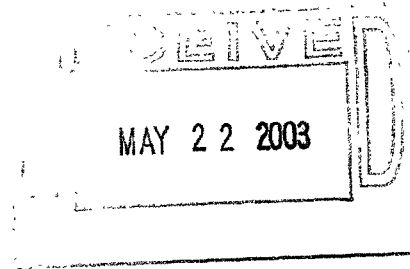


We Make Quality Affordable

2833 '03 JUN -6 P2:31

December 16, 2002

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 Ashwaganda Caps, a dietary supplement.

Statements being made in the labeling of Ashwaganda, 450 mg Caps

(1) Ashwaganda (*Withania somnifera*) is an herb that is extensively used in Ayurveda, the traditional health care system in India. Ashwaganda is used as a general tonic and "adaptogen," helping the body adapt to stress. In addition, Ashwaganda has been shown to possess significant antioxidant activity as well as an ability to support a healthy immune system.

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
395 S. Glen Ellyn Rd.
Bloomington, IL 60108

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