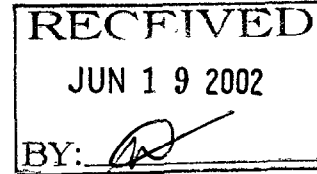


Source Naturals®  
23 Janis Way  
Scotts Valley, CA 95066

June 5, 2002

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-Theanine a dietary supplement. Source Naturals® is the manufacturer of L-Theanine.

Statements being made in the labeling of L-Theanine:

- (1) L-Theanine is a unique amino acid found almost exclusively in the tea plant (*Camellia sinensis*) and is the primary ingredient contributing to the unusual taste of green tea.
- (2) Animal studies have shown that L-theanine crosses the blood brain barrier, increases dopamine and GABA levels in the brain, and inhibits the stimulatory properties of caffeine.
- (3) Human studies have shown that taking L-theanine results in the emission of brain waves associated with a state of relaxation.

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®

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