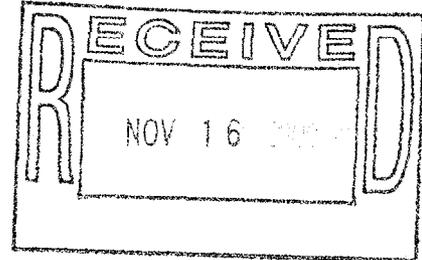


Partners in Health and Beauty 11/3/00 TEL A7:23

Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street, SW  
Washington, D.C. 20204



November 7, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Daily Fiber<sub>x</sub> Capsules (dietary ingredients: psyllium husk powder, oat bran powder, beet fiber powder, citrus powder, ginger root powder, apple pectin powder, okra powder, slippery elm bark powder, beta fructans powder, peppermint leaf, fennel seed, flax seed, athea marshmallow root). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

**A dietary supplement to gently support and tonify the entire digestive system. Daily Fiber<sub>x</sub> combines Psyllium and 5 other fibers in ideal proportions, which work synergistically to maximize their inner health promoting properties. Psyllium contains both soluble and insoluble fiber. Included in Daily Fiber<sub>x</sub> are herbs known for their toning and soothing effects. Daily Fiber<sub>x</sub> helps provide gentle support for gastrointestinal health and stimulation of natural friendly flora.**

Sincerely,

Morag Thorsen  
Regulatory Affairs Manager B.A., M.A.L.S.

975-0162

180 Vanderbilt Motor Parkway, Hauppauge, New York 11788 • 631-232-5400

LET-6210