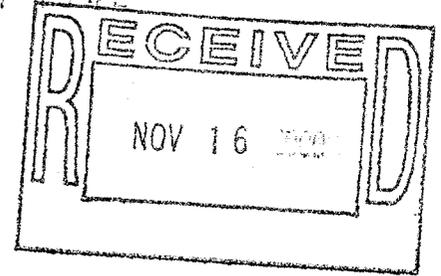




Partners in Health and Beauty

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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 3, 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 Super Fiber Psyllium Husk Powder (dietary ingredients: psyllium seed husk, slippery elm, apple pectin, dried prune, dried fig). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Psyllium seed husks are recommended as a source of a soluble and insoluble fiber useful in maintaining regularity and healthy intestinal function. For use as an appetite suppressant.

Sincerely,

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

975-0162

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