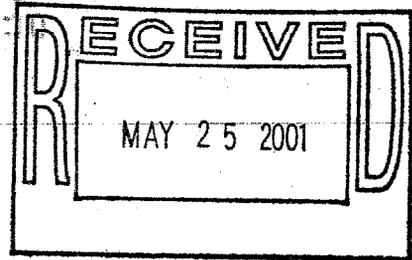


Carlson®

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May 15, 2001

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

Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of a statement of nutritional support in the labeling of Carlson Valerian & Chamomile with Calcium. Carlson Division of J. R. Carlson Laboratories, Inc., Arlington Heights, Illinois 60004, is the distributor of Carlson Valerian & Chamomile with Calcium.

Statement being made in the labeling of the above mentioned Carlson product:

“Helps promote relaxation and tranquil sleep.”

To the best of my knowledge, and based upon information and belief present at the time of the executing of the notice, I certify that the above information is accurate and complete; and the J.R. Carlson Laboratories, Inc. possesses substantiation that the statements are truthful and not misleading.

J.R. Carlson Laboratories, Inc.

By Susan Carlson
Susan Carlson, Vice President

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