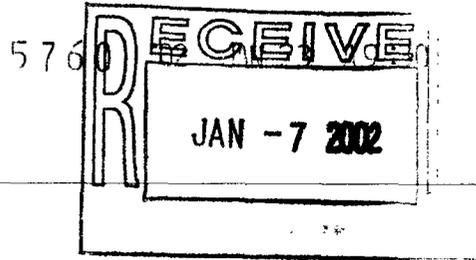


Natural Factors Nutritional Products Inc.

November 15, 2001



Food and Drug Administration
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
200 C St. SW
Washington, DC 20204

Dear Sir or Madam:

This is to provide the required information to comply with our obligation under DSHEA labeling regulations.

Supplement: B Complex 100mg

Manufacturer, packer: Natural Factors Nutritional Products, Ltd.
1550 United Blvd.
Coquitlam, B.C.
Canada V3K 6Y7

Distributor: Natural Factors Nutritional Products, Inc.
1111 80th St. SW, Suite 100
Everett, WA 98203

Text of side Panel: Complete B Time Release tablets are designed to gradually release their contents over an 8-hour period for maximum bioavailability. The B vitamins work together to metabolize proteins, carbohydrates and fats and provide the body with energy. They also support a healthy nervous system and mood, and are essential for healthy skin, hair and vision.* Water-soluble B vitamins are not stored in the body and must be replenished daily.

Text of PDP: SUPPORT FOR ENERGY & NORMAL NERVE
FUNCTION*

1111 80th Street S.W., Suite 100
Everett, WA, USA 98203
Phone: (425) 513-8800
Fax: (425) 348-9050

975-0162

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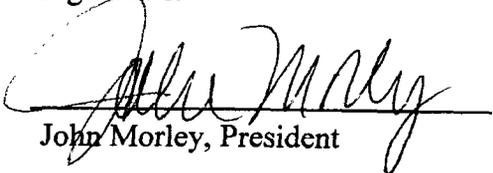
Natural Factors Nutritional Products Inc.

no
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Name of dietary ingredient that is the subject of statement: B vitamins (complex)

Name of dietary supplement: Complete B 100mg

I represent the information presented to be accurate and in compliance with supplement label regulations.



John Morley, President

Nov 21, 2001
Date

1111 80th Street S.W., Suite 100
Everett, WA, USA 98203
Phone: (425) 513-8800
Fax: (425) 348-9050

