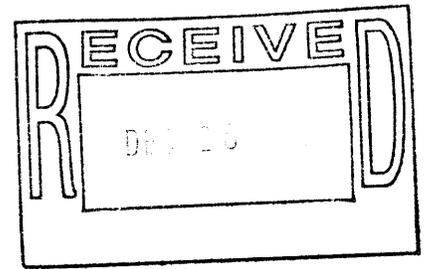


Partners in Health and Beauty



Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

December 26, 2001

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 Heat™ Capsules (dietary ingredients: pantothenic acid, guarana extract, mahuang extract, green tea extract, citrus aurantium extract, white willow extract, yohimbe extract, dimethylaminoethanol). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

HEAT™ has natural thermogenic properties.

Sincerely,

Morag Thorsen
Director of Regulatory Affairs B.A., M.A.L.S.

975-0162

LET 8885