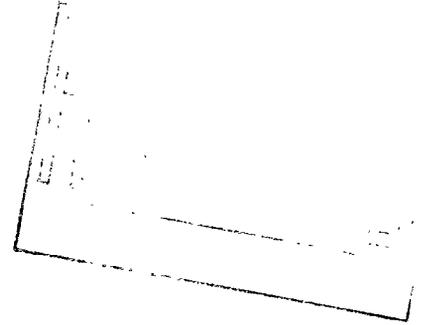




90 Orville Drive, Bohemia, NY 11716-2510 Phone: (631) 567-9500 Fax: (631) 218-7480

Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

January 3, 2002



Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Cascara Sagrada Veggie Caps supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Herbal Authority, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Physiologics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

- Supports Regularity
- Derived from a tree Northern California Indians called, "sacred bark," Cascara Sagrada has been known for its cathartic action.
- Cascara Sagrada is an all-natural laxative designed for the relief of occasional constipation.
- Cascara Sagrada helps promote regularity and contains no harsh synthetics, so you can be assured of gentle, yet efficient, relief.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD
Director of Nutrition Communications

OS/tk

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