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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

December 12, 2001

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 Valerian Root 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 Relaxation
- Promotes Relaxation
- People in ancient India first used valerian root for natural support to enhance their general well-being.
- Thousands of people in Europe and North America now use Valerian Root to optimize their health.
- Valerian works in harmony with your natural cycle to help promote relaxation.
- With the stresses of everyday living, is it any wonder you may be bothered by occasional sleeplessness? Valerian is designed to help.
- So you can leave your busy day behind and get the tranquil rest you deserve.

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

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