

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

RECEIVED
NOV 3 1997

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of Muscle Tribe™ St. John's Wort #52434 bearing the statements set out below

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim is as follows:

(Statement 1) St. John's Wort is a flowering bush found throughout the world that contains compounds that may influence the brain's ability to make neurotransmitters. St. John's Wort is commonly used to maintain feelings of well-being and maintain a normal mood. Muscle Tribe™ St. John's Wort provides a herbal extract standardized for a minimum of 0.3% hypericin.

(Statement 2)

(Statement 3)

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 5th day of November, 199 7

WEIDER NUTRITION INTERNATIONAL, INC.

BY:

LR Bucci

DR. LUKE R. BUCCI

Vice President of Research

975-0162

LET 864
55723

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: St. John's Wort

DATE: September 26, 1997
Document Name: sf02stjn.wpd

BY: Luke R. Bucci, Ph.D.

BRAND, CODE # & PRODUCT NAME(S): Muscle Tribe™ 52434 St. John's Wort 60c

NUTRIENT AMOUNT: 300 mg (0.3% hypericin) per capsule (3 caps/serving)

STRUCTURE/FUNCTION CLAIM:

St. John's Wort is a flowering bush found throughout the world that contains compounds that may influence the brain's ability to make neurotransmitters. St. John's Wort is commonly used to maintain feelings of well-being and maintain a normal mood. Muscle Tribe™ St. John's Wort provides a herbal extract standardized for a minimum of 0.3% hypericin.


Approved by / Date

REFERENCES:

1. Linde K, Ramirez G, Mulrow CD, Pauls A, Weidenhammer W, Melchart D. St. John's Wort for depression- an overview and meta-analysis of randomised clinical trials. *Br Med J* 1996; 313:253-258.
2. Payk TR. Treatment of depression. *J Geriatr Psychiat Neurol* 1994; 7(suppl 1):S3-S5.
3. Murray MT. St. john's wort in *The Healing Power of Herbs*. Prima Publishing, Rocklin, CA, 294-301.
4. Harrer G, Schulz V. Clinical investigation of the antidepressant effectiveness of hypericum. *J Geriatr Psychiat Neurol* 1994; 7(suppl 1):S6-S8.
5. Holzl J, Demisch L, Gollnik B. Investigations about antidepressive and mood changing effects of *Hypericum perforatum*. *Planta Medica* 1989;55:643.
6. Suzuki O, et al. Inhibition of monamine oxidase by hypericin. *Planta Medica* 1984; 50:272-274.