



January 31, 2005

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Director
Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street S.W.
Washington, DC 20204

FEB 14 2005

SENT VIA CERTIFIED MAIL - RETURN RECEIPT REQUESTED
ARTICLE #: 7000 1670 0006 3245 4966

RE: PM RELAXATION

Dear Sir / Madam:

This is a 30-day notification of a statement of nutritional support for a dietary supplement. The product name is **PM RELAXATION**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

PM RELAXATION™ is designed to help you sustain the benefits from a day of successful activity and weight-loss efforts by delivering the fat burning factors to support fat metabolism throughout the night while also supporting a great night's sleep. A great night's sleep is vital to your starting the following day inspired and energetic about your weight-loss efforts and goals, so we include standardized extracts from nature's soothing and relaxing botanicals, including Valerian Root, Passionflower, Chamomile and Hops. These natural botanical extracts will help you wind down so you can experience a great night's sleep and a great start tomorrow. Rhodiola acts as an adaptogen to provide calming benefits and promote feelings of well-being. We also include Melatonin, which supports your body's natural sleep mechanisms by helping your body relax and prepare for sleep, which is often difficult when dieting and exercising. In addition, we include 5-HTP, for its support of serotonin production, which is associated with sound sleep, positive mood and appetite control. **PM Relaxation** also supplies a comprehensive blend of non-stimulant nutrients related to or essential for fat burning metabolism, including Carnitine and its precursors, Lysine and Vitamin C. Just because you are going to sleep does not mean that the fat burning benefits from a hard day's work end. **PM Relaxation** offers a unique blend of ingredients to assure that today's efforts are well rewarded and tomorrow's well prepared for.

Respectfully Submitted,

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Nancy Steely, ND
Director of Research & Development