



90 Orville Drive, Bohemia, NY 11716-2510 Phone: (516) 567-9500 Fax: (516) 244-2136

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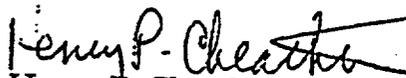
Dr. Linda Kahl, Ph.D.
Office of Special Nutritionals
Center For Food Safety and Applied Nutrition
Food & Drug Administration
200 C Street SW HFS-455
Washington DC 20204

Dear Dr. Kahl:

This letter is written pursuant to current legislative guidelines (DSHEA) requiring FDA notification of structure and function claims for nutrition supplements.

Nature's Bounty manufactures and sells a line of concentrated herbal extracts. For your files, the attachments present the specific package copy containing structure and function claim material pertaining to these products.

Sincerely,


Henry P. Cheatham III
Director

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attachments

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MILK THISTLE (*Silybum marianum*)

Milk Thistle has been known for over 600 years for its action on the liver. Hundreds of modern scientific studies now underscore the ability of milk thistle seed extract to help maintain healthy liver function. The exceptional benefits of this extract are due to powerful antioxidant properties which help to optimize health and well-being.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FEVERFEW (*Tanacetum parthenium*)

This hardy and popular daisy-like flower has been a staple in cottage gardens for generations. Few people realize these English gardeners kept feverfew around not just as an ornamental, but for its diverse healthful benefits. It is fitting that British research was the first to prove the value of feverfew for its traditional uses.

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HAWTHORNE BERRIES (*Crataegus oxyacantha*)

Hawthorne Berries are used in some of Europe's most important health formulas for mature men and women. Numerous scientific studies demonstrate the safety and healthfulness of this remarkable supplement. When combined with sensible eating habits and regular exercise, hawthorne may help contribute to a wholesome lifestyle.

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VALERIAN ROOT (*Valeriana officinalis*)

Three keys to optimizing health and well-being are good nutrition, exercise and restful sleep. People in Ancient India first used Valerian root for natural support to enhance their general well-being. Scientific studies validated its use, and Valerian's reputation spread. Thousands of people in Europe and North America now use Valerian Root to optimize their health.

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DONG QUAI ROOT (*Angelica sinensis*)

Women first harvested Dong Quai root over 5,000 years ago to use as a natural aid for balancing their systems. Because of its established reputation for promoting women's health and well-being, this Chinese root is often considered to be like ginseng for women.

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CHINESE RED GINSENG ROOT (*Panax ginseng*)

Nature's Bounty Chinese Red Ginseng is made from hand-harvested, carefully trimmed, premium-quality roots. Used daily by millions of people in the Orient, Ginseng is now desired internationally, by such vigorous people as high-powered executives and competitive athletes.

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ECHINACEA (*Echinacea purpurea*)

Many Native American tribes have used Echinacea, or purple coneflower, for centuries. The Cheyenne and Comanche gathered this plant for use during cold seasons. It quickly won the favor of early European settlers and has now become a well-loved herb both here and abroad. Scientific research studies on Echinacea abound, documenting its ability to help maintain overall health and well-being.

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SAW PALMETTO EXTRACT (*Serenoa repens*)

The berries of the saw palmetto palm were used centuries ago by Native Americans and are safe enough to eat. These berries produce a special extract which is the leading herb for men's health, used specifically for men who are in their later years.

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KOREAN GINSENG ROOT (*Panax ginseng*)

Nature's Bounty Korean Ginseng is made from hand-harvested, carefully trimmed, premium quality roots. Used daily by millions of people in the Orient, Korean Ginseng is now desired internationally, by such vigorous people as high-powered executives and competitive athletes.

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ECHINACEA HERB AND GOLDENSEAL ROOT (*Echinacea purpurea* and *Hydrastis canadensis*)

Prized for promoting overall health and well-being, both Echinacea and Goldenseal are indigenous to North America and were originally used by Native Americans. We have brought these two widely accepted herbs together for your convenient wintertime use. Modern research clarifies and supports many of the specific constituents (such as berberine) responsible for their unique actions.

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GOLDENSEAL ROOT (*Hydrastis canadensis*)

Native Americans used Goldenseal for centuries and introduced early settlers to its virtues. It is now one of America's most valuable and widely used herbs. Goldenseal contains powerful natural elements which have been extensively researched. Its excellent reputation as an herbal supplement for the Winter season is well-deserved.

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BILBERRY (*Vaccinium myrtillus*)

More than 30 years ago, British pilots reported that eating bilberry fruit seemed to improve their night vision. Scientists have researched the fruit of this European blueberry ever since. Bilberry contains anthocyanosides, potent antioxidants that help maintain good micro circulation, which is vital to healthy vision. Nature's Bounty's special bilberry extract concentrates these important elements.

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GINGER (*Zingiber officinale*)

Ginger is one of the world's most popular spices, and a well researched herb for a healthy lifestyle. The pungent taste of ginger, prized in international cuisine, has been linked to beneficial compounds which warm and soothe the stomach. Ginger has been a favorite of travelers since ancient mariners discovered it in the exotic Orient.

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GINKGO BILOBA (*Ginkgo biloba*)

Scientific research studies document the ability of Ginkgo to increase peripheral circulation, thereby enhancing blood flow to the arms, legs and brain. Millions of people use ginkgo daily for its impressive antioxidant properties which produce these beneficial effects on the circulatory system.

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