



Oregon's Wild Harvest

May 29, 1996

Dr. Elizabeth Yetley
HFS-450
Office of Special Nutritionals
FDA
200 C Street S.W.
Washington, D.C. 20204

Dear Dr. Yetley,

Enclosed are sample labels of Oregon's Wild Harvest herbal products using the FDA disclaimer. We are submitting them in compliance with the Dietary Supplement Act of 1994. If you have any questions, please call me at (503) 668-7713.

Thank you.

Sincerely,

Pamela Martin
Marketing Director

Enclosures

975-0162

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LOT NO. A2440888 EXP. DATE 09/97
 06195100010007

INGREDIENTS: Organic
 Rhubarb root (Rheum sp.),
 Organic Marshmallow root
 (Althaea off.), Organic
 Chamomile flowers
 (Matricaria recutita),
 Cinnamon bark
 (Cinnamomum cassia),
 Kosher Vegetable glycerin,
 Mountain Spring Water,
 Peppermint essential oil,
 Potassium bicarbonate.

RECOMMENDATIONS:
 Adults: Take 1 to 2
 tablespoons every 6 hours
 as needed. Children
 (ages 4-12): Give 1/2 to 1
 teaspoonful every 6 hours as
 needed. Do not exceed 4
 doses in 24 hours. Not for
 use in infants.
OREGON'S WILD HARVEST
 Sandy, Oregon 97055



*Oregon's
 Wild Harvest*
DIGESTIVE CORDIAL
 Nutritional Support for the Digestive
 System*
 4 fluid oz. (120 ml.)

*Oregon's
 Wild Harvest*
 All organic ingredients are
 certified organically grown and
 processed in accordance with
 Oregon Tith standards (P.O. Box
 218, Tualatin, Oregon 97062) and
 the California Organic Foods Act
 of 1990.
 *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.

Keep out of reach of children. Do
 not use if pregnant or nursing.
 Discontinue use if unusual
 symptoms occur.

LOT NO. 10227 EXP. DATE 09/98
 06195100010014

INGREDIENTS:
 Wild Yam root & rhizome
 (Dioscorea villosa),
 Borage Oil Powder (125
 mg GLA), Chaste Tree
 berry (Vitex
 agnus-castus), Dong
 Quai root (Angelica
 sinensis), Sarsaparilla
 root (Smilax officinalis),
 Cayenne fruit (Capsicum
 annuum) 30,000 heat
 units.

RECOMMENDATIONS:
 As support to the daily
 diet, take 1-2 capsules 3
 times a day, preferably 1
 hour before or 2 hours
 after meals.

Oregon's Wild Harvest
 Sandy, OR 97055



*Oregon's
 Wild Harvest*
**DONG QUAI
 WILD YAM**
 Supports healthy female cycles*
 90 CAPSULES 350 mg EACH

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 Wild Harvest*
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LOT NO. 10224 EXP. DATE 09/98
 06195100021003

INGREDIENTS:
 Organic Marshmallow root
 (Althaea officinalis),
 Organic Peppermint leaf
 (Mentha piperita).

RECOMMENDATIONS:
 As a dietary supplement,
 take 1-2 capsules 3 times
 a day, preferably 1 hour
 before or 2 hours after
 meals.

Oregon's Wild Harvest
 Sandy, OR 97055



*Oregon's
 Wild Harvest*
**MARSHMALLOW
 PEPPERMINT**
 Nutritional support for Digestion*
 90 CAPSULES * 350 mg EACH

*Oregon's
 Wild Harvest*
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LOT NO. 11230 EXP. DATE 09/98
 06195100010019

INGREDIENTS:
 Organic Dandelion root
 (Taraxacum officinale),
 Organic Burdock root
 (Arctium lappa), Oregon
 Grape root (Berberis
 aquifolium), Milk Thistle
 seed powder extract
 (Silybum marianum - 80%
 Silymarin).

RECOMMENDATIONS:
 As support to the daily
 diet, take 1-2 capsules 3
 times a day, preferably 1
 hour before or 2 hours
 after meals.

Oregon's Wild Harvest



*Oregon's
 Wild Harvest*
**DANDELION
 MILK THISTLE**
 Nutritional support for liver function*
 90 CAPSULES 375 mg EACH

*Oregon's
 Wild Harvest*
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46783

LOT NO. 10228 EXP. DATE 09/98



INGREDIENTS:
Siberian Ginseng root
(Eleutherococcus
senticosus), American
Ginseng root (Panax
quinquefolia), Cayenne
fruit 30,000 heat units
(Capsicum annuum).

RECOMMENDATIONS:
As a dietary supplement,
take 1-2 capsules 3 times
a day, preferably 1 hour
before or 2 hours after
meals.

Oregon's Wild Harvest
Sandy, OR 97055



Oregon's Wild Harvest

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occur.

LOT NO. 11221 EXP. DATE 09/98



INGREDIENTS: Organic
Echinacea purpurea root,
leaf and flower.

BASE INGREDIENTS:
Plant cellulose, acacia
gum, vegetable stearate,
and natural silica.

RECOMMENDATIONS:
For nutritional support
during cold and flu
season*, take 1-2 tablets
3 times a day, preferably
1 hour before or 2 hours
after meals.

Oregon's Wild Harvest
Sandy, OR 97055



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LOT NO. 11222 EXP. DATE 09/98



INGREDIENTS:
Hawthorn berry
(Crataegus oxyacantha),
Hawthorn flower and leaf
(Crataegus oxyacantha),
Organic Dandelion leaf
(Taraxacum officinale),
Cayenne 30,000 heat
units (Capsicum annuum).

RECOMMENDATIONS:
As support to the daily
diet, take 1-2 capsules 3
times a day, preferably 1
hour before or 2 hours
after meals.

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Sandy, OR 97055



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LOT NO. 11235 EXP. DATE 09/98



INGREDIENTS:
Echinacea angustifolia
root, Organic Echinacea
purpurea root, leaf and
flower.

RECOMMENDATIONS:
As a dietary supplement,
take 2 capsules 3 times a
day, preferably 1 hour
before or 2 hours after
meals.

Oregon's Wild Harvest
Sandy, OR 97055



Oregon's Wild Harvest

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LOT NO. 11228 EXP. DATE 09/99
 7 06195 00018 3

INGREDIENTS:
 Organic Saw Palmetto berry (*Serenoa repens*), Nettle root (*Urtica dioica*), Organic Corn silk (*Zea mays*), Zinc picolinate (10 mg per capsule).

RECOMMENDATIONS:
 As dietary supplement, take 1-2 capsules 3 times a day, preferably 1 hour before or 2 hours after meals.

Oregon's Wild Harvest
 Sandy, OR 97055

Oregon's Wild Harvest

**SAW PALMETTO
 NETTLE ROOT**

Nutritional support for healthy prostate*

90 CAPSULES 550 mg EACH

Oregon's Wild Harvest

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LOT NO. 11243 EXP. DATE 09/99
 7 06195 00022 0

INGREDIENTS:
 Curcumin (95% concentrate) 200 mg, Bromelain (2000 G.D.U.) 200 mg, Vitamin C (Ascorbic Acid) 100 mg, Bioflavonoids (Chies Bioflavonoids) 100 mg.

RECOMMENDATIONS:
 As support to the daily diet, take 2 capsules 3 times a day, preferably 1 hour before or 2 hours after meals.

Bromelain Formula One developed by Dr. Nick Friedman, D.C., N.D.

Oregon's Wild Harvest
 Sandy, OR 97055

Oregon's Wild Harvest

**BROMELAIN
 FORMULA ONE**

Natural Anti-Inflammatory*

90 CAPSULES 600 mg EACH

Oregon's Wild Harvest

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LOT NO. 11228 EXP. DATE 09/99
 7 06195 00011 4

INGREDIENTS:
 Organic Hops strobiles (*Humulus lupulus*), Organic Valerian root (*Valeriana officinalis*), Organic St. John's Wort flower buds (*Hypericum perforatum*), Passion Flower flowering tops (*Passiflora incarnata*).

RECOMMENDATIONS:
 As support to the daily diet, take 2 capsules 1 hour before bedtime or as needed. **CAUTION:** May impair ability to drive and operate heavy machinery.

Oregon's Wild Harvest
 Sandy, OR 97055

Oregon's Wild Harvest

**VALERIAN
 PASSION FLOWER**

Promotes rest and relaxation*

90 CAPSULES 250 mg EACH

Oregon's Wild Harvest

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LOT NO. 5123126 EXP. DATE 02/99
 7 06195 00012 1

INGREDIENTS:
 Ginkgo leaf (*Ginkgo biloba*), Gotu Kola leaf (*Centella asiatica*), Choline bitartrate (25 mg per capsule).

RECOMMENDATIONS:
 As support to the daily diet, take 2 capsules 3 times a day, preferably 1 hour before or 2 hours after meals.

Oregon's Wild Harvest
 Sandy, OR 97055

Oregon's Wild Harvest

**GINKGO
 GOTU KOLA**

Nutritional support for mental clarity*

90 CAPSULES 400 mg EACH

Oregon's Wild Harvest

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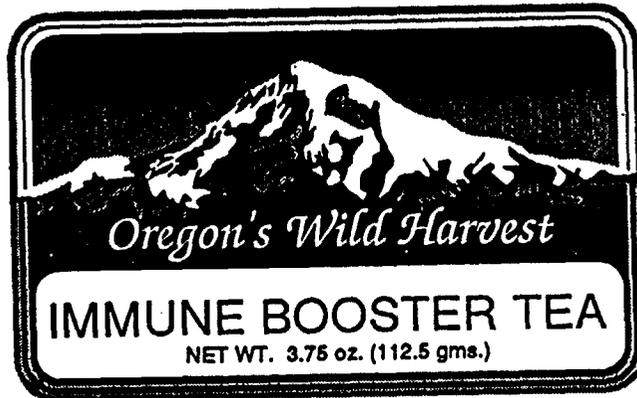
INGREDIENTS: Green Tea, Oregon Grape root (*Berberis aquifolium*), Organic Peppermint leaf (*Mentha piperita*), Organic Rose Hips, Organic Orange Peel, Organic Calendula flower (*Calendula officinalis*), Goldenseal root (*Hydrastis canadensis*), Organic Red Clover blossoms (*Trifolium pratense*), and Organic Echinacea purpurea herb and flower.

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. boiling water. Steep for 15 minutes. Strain and drink.

SUGGESTED USE: As a nutritional supplement, prepare as above and take 1-3 times per day, as needed. Keep out of reach of children. Do not use if pregnant or nursing. Discontinue use if unusual symptoms occur.

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OREGON'S WILD HARVEST Sandy, Oregon 97055



LOT NO. IMM-02066T EXP. DATE 02/99



Oregon's Wild Harvest

NUTRITIONALLY ENHANCES BODY'S NATURAL IMMUNITY.*

All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth standards (P.O. Box 218, Tualatin, Oregon 97062) and the California Organic Foods Act of 1990.

INGREDIENTS: Lemon granules, American Ginseng (*Panax quinquefolia*), Organic Alfalfa leaf (*Medicago sativa*), Organic Corn Silk (*Zea mays*), Pipsissewa leaf (*Chimaphila umbellata*), Nettles root (*Urtica dioica*), Organic Saw Palmetto berry (*Serenoa repens*), Organic Oat Seed Milky Dried (*Avena sativa*), and Uva Ursi (*Arctostaphylos uva ursi*).

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. boiling water. Steep for 15 minutes. Strain and drink.

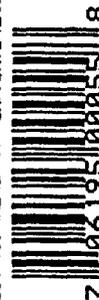
SUGGESTED USE: As a nutritional supplement, prepare as above and take 1-3 times per day, as needed. Keep out of reach of children. Do not use if pregnant or nursing. Discontinue if unusual symptoms occur.

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OREGON'S WILD HARVEST Sandy, Oregon 97055



LOT NO. MAL-12045T EXP. DATE 12/98



Oregon's Wild Harvest

NUTRITIONALLY STRENGTHENS AND SUPPORTS THE MALE REPRODUCTIVE SYSTEM.*

All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth standards (P.O. Box 218, Tualatin, Oregon 97062) and the California Organic Foods Act of 1990.

INGREDIENTS: Organic Chamomile flower (*Matricaria recutita*), Organic Peppermint leaf (*Mentha piperita*), Organic Hops strobiles (*Humulus lupulus*), Organic Catnip leaf (*Nepeta cataria*), Passion Flower (*Passiflora incarnata*), Organic Oats (*Avena sativa*), Valerian root (*Valeriana sitchensis*), Organic Skullcap (*Scutellaria lateriflora*), Organic Lemongrass (*Cymbopogon citratus*), and Organic Oatstraw (*Avena sativa*).

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. boiling water. Steep for 15 minutes. Strain and drink.

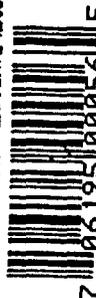
SUGGESTED USE: As a nutritional supplement, prepare as above and take 1-3 times per day, as needed. Keep out of reach of children. Do not use if pregnant or nursing. Discontinue use if unusual symptoms occur. **MAY IMPAIR ABILITY TO DRIVE AND OPERATE HEAVY MACHINERY.**

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OREGON'S WILD HARVEST Sandy, Oregon 97055



LOT NO. REL-12045T EXP. DATE 12/98



Oregon's Wild Harvest

PROMOTES REST AND RELAXATION, ESPECIALLY BEFORE BEDTIME.*

All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth standards (P.O. Box 218, Tualatin, Oregon 97062) and the California Organic Foods Act of 1990.

INGREDIENTS: Wild Yam root (*Dioscorea villosa*), Dong Qual root (*Angelica sinensis*), Freeze Dired Cranberry fruit slices (*Vaccinium macrocarpon*), Black Cohosh root (*Cimicifuga racemosa*), Blue Cohosh root (*Caulophyllum thalictroides*), Organic Alfalfa leaf (*Medicago sativa*), Lemon Peel (*Citrus limon*), and Organic Ginger root (*Zingiber officinale*).

NOTE: Contains one dessicant packet for moisture absorption.

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. boiling water. Steep for 15 minutes. Strain and drink.

SUGGESTED USE: As nutritional support, prepare as above and take 1-3 times per day, as needed. Keep out of reach of children. Do not use if pregnant or nursing. Discontinue use if unusual symptoms occur.

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OREGON'S WILD HARVEST Sandy, OR 97055



LOT NO. FEM-02066T EXP. DATE 01/99



INGREDIENTS: Green Tea, Organic Orange Peel, Honey Licorice root, Organic Oat Straw (*Avena sativa*), Ginkgo leaf (*Ginkgo biloba*), Organic Ginger root (*Zingiber officinale*), and American Ginseng (*Panax quinquefolia*).

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. water. Steep for 15 minutes. Strain and drink.

SUGGESTED USE: As a nutritional supplement, prepare as above and take 1-3 times per day, as needed.

Keep out of reach of children. Do not use if pregnant or nursing. Discontinue use if unusual symptoms occur.

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OREGON'S WILD HARVEST Sandy, Oregon 97055



LOT NO. ADR05086T EXP. DATE 12/98



INGREDIENTS: Organic Peppermint leaf (*Mentha piperita*), Organic Marshmallow root (*Althaea officinalis*), Organic Chamomile flower (*Matricaria recutita*), Slippery Elm bark (*Ulmus fulva*), Organic Lemon Balm (*Melissa officinalis*), Organic Catnip leaf (*Nepeta cataria*), and Organic Celandine leaf (*Chelidonium majus*).

DIRECTIONS: Mix 2 tablespoons of tea in 8 oz. boiling water. Steep for 15 minutes. Strain and drink.

SUGGESTED USE: As a nutritional supplement, prepare as above and take 1-3 times per day, as needed. Keep out of reach of children. Do not use if pregnant or nursing. Discontinue use if unusual symptoms occur.

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OREGON'S WILD HARVEST Sandy, Oregon 97055



LOT NO. DIG-05086T EXP. DATE 11/98



Oregon's Wild Harvest
NUTRITIONALLY SUPPORTS AND PROMOTES BALANCE AND OVERALL HEALTH OF THE FEMALE REPRODUCTIVE SYSTEM.*
 All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth standards (P.O. Box 218, Tualatin, Oregon 97062) and the California Organic Foods Act of 1990.

Oregon's Wild Harvest
ENHANCES CIRCULATION AND PROVIDES NUTRITIONAL SUPPORT FOR INCREASED ENERGY AND STRESS REDUCTION.*
 All organic ingredients are certified organically grown and processed in accordance with Oregon Tilth standards (P.O. Box 218, Tualatin, Oregon 97062) and the California Organic Foods Act of 1990.

Oregon's Wild Harvest
NUTRITIONALLY SOOTHES THE STOMACH AND AIDS IN DIGESTION.*
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