



CELESTIAL SEASONINGS, INC.

4600 Sleepytime Drive, Boulder, CO 80301-3292 USA (303) 530-5300

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January 8, 1998

Office of Special Nutritionals
HFS 450
200 C Street SW
Washington, DC 20204

As per Section 6 of the Dietary Supplement Health and Education Act of 1994, I respectfully submit the following information:

Name and address:

Celestial Seasonings, Inc.
4600 Sleepytime Drive
Boulder, CO 80301-3292

Text of statement(s):

- For positive mood.
- A natural alternative for positive mood support.
- Helps you with a positive sense of well-being.
- Soothes and supports restful sleep.
- St. John's Wort supports mood by maintaining healthy neurotransmitters in your brain.
- Celestial Seasonings St. John's Wort standardized herbal extract gives you positive support for a good mood.
- St. John's Wort helps your brain maintain normal neurotransmitter balance.
- St. John's Wort can also support relaxation and quality of sleep.

Ingredient statement:

St. John's Wort extract.

Name of the dietary supplement (including brand name):

Celestial Seasonings™
St. John's Wort Standardized Herbal Extract

I hereby certify that the information contained in the above notice is complete and accurate, and that has substantiation that the statements are truthful and not misleading.

Sincerely,

Mike Gross
Technical Services Manager

975-0162

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