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April 15, 1998

Office of Special Nutritional (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam

This letter will serve as a 30-day notification, pursuant to 403(r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product manufacturer: Nature's Herbs, 600 East Quality Drive, American Fork, UT 84003

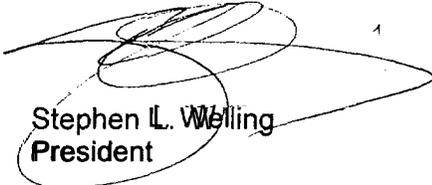
Nutritional support claim being made: Nutritionally Supports Restful Sleep.

Dietary supplement ingredient: Valerian Root (*Valeriana officinalis*) Extract

Product brand and name: Nature's Herbs Valerian-Power

As required, enclosed are two photocopies of this notification.

Sincerely



Stephen L. Welling
President

Enclosures

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