

August 21, 1998



Office of Special Nutritionals (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 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 relaxation and feelings of well-being.

Dietary supplement ingredient: St. John's Wort Flower Extract
Kava Kava Root

Product brand and name: Fred Meyer Natural Choices Kava St. John's Wort

As required, enclosed are two photocopies of this notification.

Sincerely

A large, stylized handwritten signature in black ink, appearing to read "Stephen L. Welling".

Stephen L. Welling
President

Enclosures