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September 29, 1998

RECEIVED  
10/6/98

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 Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: Nature's Herbs, a division of Twin Laboratories, Inc.  
600 East Quality Drive  
American Fork, UT 84003

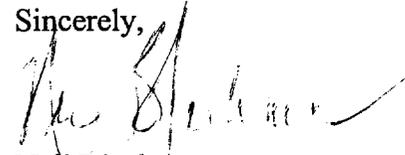
Nutritional support claim being made: Helps adapt to physical and mental stress.

Dietary supplement ingredient: Korean Ginseng (*Panax ginseng*) Extract

Product brand and name: Twinlab TruHerbs Time Release Korean Ginseng Standardized Extract

As required, enclosed are two photocopies of this notification.

Sincerely,



Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

Enclosures

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