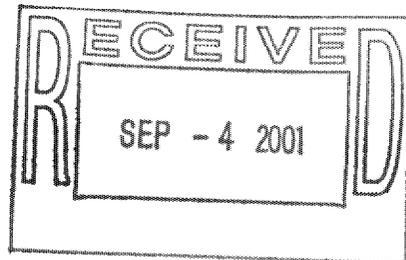


Partners in Health and Beauty

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



August 3, 2001

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Charcoal Capsules (dietary ingredient: activated charcoal). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Helps with occasional digestive discomfort.

Sincerely,

Morag Thorsen
Director of Regulatory Affairs B.A., M.A.L.S.

97S 0162

LET 8494