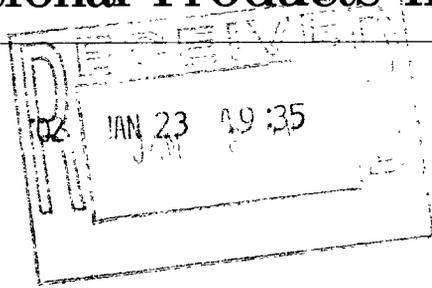


Natural Factors Nutritional Products Inc.

5877



December 3, 2001

Food and Drug Administration
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
200 C St. SW
Washington, DC 20204

Dear Sir or Madam:

This is to provide the required information to comply with our obligation under DSHEA labeling regulations.

Supplement:	Regularity
Manufacturer, packer:	Natural Factors Nutritional Products, Ltd. 1550 United Blvd. Coquitlam, B.C. Canada V3K 6Y7
Distributor:	Natural Factors Nutritional Products, Inc. 1111 80 th St. SW, Suite 100 Everett, WA 98203
Text of side Panel:	Natural Factors Regularity Formula is a synergistic blend of standardized herbs that gently and effectively support bowel function. Cascara sagrada supports healthy colon function. Rhubarb root, a colon cleanser, complements Cascara. Gentian root is added for digestion while Cool Capsicum increases the effectiveness of the other herbs. Omega-3 fatty acid rich Flax Meal Powder contributes to intestinal lubricating the bowel. Peppermint oil supports the gastro intestinal tract and increases bile. Remember consuming a fiber rich diet, regular exercise and reducing stress may increase regularity over time.

Text of PDP: PROMOTES REGULARITY*

Name of dietary ingredient that is the subject of statement: Cascara Sagrada, Rhubarb, Capsicum, Gentian, Flax meal, Peppermint

Name of dietary supplement: Regularity Formula

I represent the information presented to be accurate and in compliance with supplement label regulations.

John Morley, President

12/10/01

Date

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Everett, WA, USA 98203
Phone: (425) 513-8800
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