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March 21, 2003

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

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

Notice is hereby given the Food and Drug Administraton ("FDA") of the use of statements of nutritional support in the labeling of Valerian Root, a dietary supplement.

Statements being made in the labeling of Valerian Root Capsules

Promotes Restful Sleep – Aids Physical and Mental Relaxation

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. Mason Vitamins possesses substantiation that the statements are truthful and not misleading.

MASON VITAMINS, INC.

Sonia C. Rodriguez
President

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