

NOTIFICATION PURSUANT TO  
SECTION 6 OF DSHEA  
AND 21 C.F.R. § 101.93

RECEIVED  
12/4/98

This notification is being filed on behalf of Natural Balance, Inc., 3130 N. Commerce Court, P. O. Box 8002, Castle Rock, CO 80104 - 8002, which is the manufacturer of the product which bears the statements identified in the Notification. This Notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. § 101.93. The dietary supplement product on whose label or labeling statements appears is Rhodiola .

The text of each structure-function statement for which notification is now being given is:

- Statement 1: *Super Adaptogen, Reduces Stress, Enhances Mood*
- Statement 2: *Studies suggest that the powerful adaptogenic herb Rhodiola rosea from the Siberian arctic can help reduce stress and enhance a variety of performance functions.*
- Statement 3: *The bioflavonoids in Rhodiola have beneficial antioxidant properties.*
- Statement 4: *Plus, this amazing adaptogen offers you a normalizing effect, improving your sense of well-being.*
- Statement 5: *There are several species of Rhodiola, but only Rhodiola rosea contains the active compounds which have strong adaptogenic and antioxidant properties.*
- Statement 6: *Natural Balance uses only Rhodiola rosea extract to provide a superior product that improves the way your body stores energy and helps enhance your mental and physical performance.*
- Statement 7: *We know we can't avoid stress, but the encouraging news is that Rhodiola can help reduce stress.*
- Statement 8: *A powerful adaptogen, Rhodiola helps to build up your energy reserves to improve your mental and physical performance.*
- Statement 9: *Rhodiola - Helps Improve Performance, Reduces Stress, Enhances Mood*

The following summary identifies the dietary ingredient(s) for which a statement has been made:

<u>Statement Number</u>	<u>Identity of Dietary Ingredient(s) or Supplement that is the Subject of the Statement</u>
1.	<i>Rhodiola rosea</i>
2.	<i>Rhodiola rosea</i>
3.	<i>Rhodiola rosea</i>
4.	<i>Rhodiola rosea</i>
5.	<i>Rhodiola rosea</i>
6.	<i>Rhodiola rosea</i>

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Rhodiola

- 7. *Rhodiola rosea*
- 8. *Rhodiola rosea*
- 9. *Rhodiola rosea*

The following identifies the brand name of each supplement for which a statement is made:

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling</u>
1.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules Label – 60 Capsules</i>
2.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules Label – 60 Capsules</i>
3.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules Label – 60 Capsules</i>
4.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules Label – 60 Capsules</i>
5.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules</i>
6.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules</i>
7.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules</i>
8.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules</i>
9.	<i>Rhodiola</i>	<i>Printed Box – 60 Capsules</i>

I, Patricia L. Vazquez, am authorized to certify this Notification on behalf of Natural Balance, Inc. I certify that the information presented and contained in this Notification is complete and accurate, and that Natural Balance, Inc. has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: 12.1.98

By: Patricia L. Vazquez  
Title: Director, Regulatory Affairs