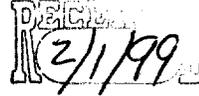


5175 '99 FEB 19 P3:02

January 22, 1999



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, 600 East Quality Drive, American Fork, UT 84003

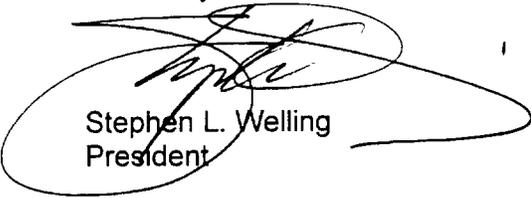
Nutritional support claim being made: Helps the body adapt to physical and mental stress

Dietary supplement ingredient(s): Siberian Ginseng Root

Product brand and name: Spring Valley Siberian Ginseng Root

As required, enclosed are two photocopies of this notification.

Sincerely



Stephen L. Velling
President

Enclosures