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NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA
AND 21 CFR §101.93.

This notification is being filed on behalf of Doctor's Best, Inc. which is the manufacturer of the product which bears the statements identified in this notification. Its business address is: 1120 Calle Cordillera, Suite 101, San Clemente, CA 92673. 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 the statements appear is Best 5-HTP.

The text of the statements for which notification is now being given is as follows:

Statement 1: 5-HTP is converted in the brain to serotonin, a neurotransmitter substance found at the junctions (synapses) between neurons.

Statement 2: 5-HTP may help to maintain mental and emotional health and promote healthy sleep.

The following summary identifies the dietary ingredient for which the statements have been made.

<u>Statement Number</u>	<u>Identity of Dietary Ingredient that is the Subject of the Statement</u>
1	5-hydroxytryptophan
2	5-hydroxytryptophan

The following identifies the brand name of the supplement for which the statement is made.

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling</u>
1	Doctor's Best	Label
2	Doctor's Best	Label

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I, Richard M. Conant, am authorized to certify this Notification on behalf of Doctor's Best, Inc. I certify that the information presented and contained in this Notification is complete and accurate, and that Doctor's Best, Inc. has substantiation that each statement is truthful and not misleading.

Date Signed: January 26, 1999

By: 
Richard M. Conant
Director of Nutrition Research