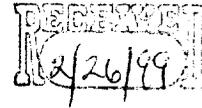


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February 18, 1999



James T. Tanner, Ph.D.  
Office of Special Nutritionals  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 "C" St., S.W. (HFS-450)  
Washington, D.C. 20204

Dear Mr. Tanner:

Pursuant to Section 6 of the Dietary Supplements Health and Education Act of 1994, Rainbow Light Nutritional Systems, Inc. wishes to notify the Food and Drug Administration that it has within the past 30 days, commenced marketing a dietary supplement which bears a statement of nutritional support.

The dietary supplement for which the statement is made is Valerian SuperComplex. The statement of nutritional support reads as follows:

"Valerian supports states of calm and relaxed well-being."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This statement of nutritional support is based on data which renders this statement substantiated, truthful and non-misleading.

Sincerely,

Rainbow Light Nutritional Systems, Inc.

Margaret Johnson  
Executive Administrator