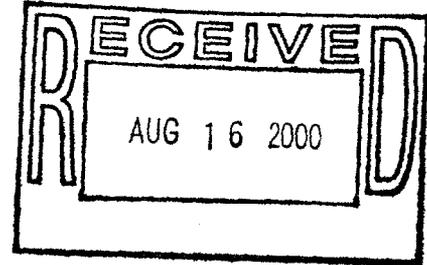




Partners in Health and Beauty

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



July 3, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Fat Defense Tablets (dietary ingredients: chromium, Brindall berry extract (Citrimax™), Gymnema sylvestre & vanadium). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

**Excess dietary calories from carbohydrates are stored as body fat.
Citrimax™ helps control the appetite.**

Sincerely,

Mark Gaeta
Chief Operating Officer

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