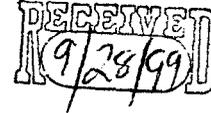


Carlson[®]

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September 7, 1999

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

Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of a statement of nutritional support in the labeling of Carlson St. John's Wort. Carlson Division of J. R. Carlson Laboratories, Inc., Arlington Heights, Illinois 60004, is the distributor of Carlson St. John's Wort.

Statement being made in the labeling of Carlson St. John's Wort.

"Carlson St. John's Wort is an approved, standardized, herbal compound in accordance with Commission E Monographs, providing natural nutritional benefits to support a feeling of well-being."

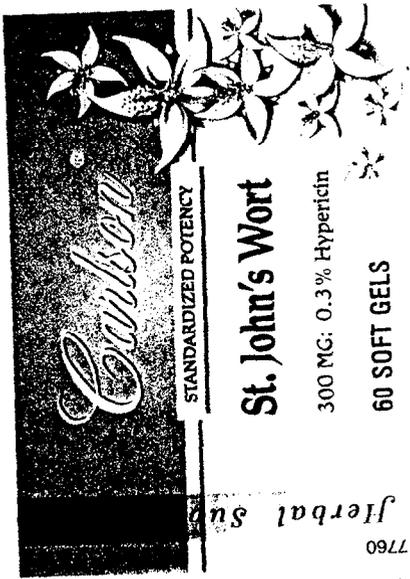
To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete; and that J. R. Carlson Laboratories, Inc. possesses substantiation that the statements are truthful and not misleading.

J. R. Carlson Laboratories, Inc.

By: 
Susan Carlson, Vice President

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Carlson **St. John's Wort** is an approved, standardized, herbal compound in accordance with Commission E Monographs, providing natural nutritional benefits to support a feeling of well-being.*

Supplement Facts	
Serving Size 1 Soft Gel	
Amount Per Soft Gel	
St. John's Wort Extract (Standardized to 0.3% Hypericin)	300 mg ☆
☆ Daily Value not established.	

Other ingredients: Safflower oil, gelatin, glycerin, water, lecithin, caramel color, titanium dioxide, annatto, turmeric. Suggested Use: Take one soft gel three times daily, at mealtime, or as recommended by your health care professional. Natural color. Preservative-free.

WARNING: Excessive use of St. John's Wort may lead to photosensitivity. Not intended for long-term use. Not intended for use by pregnant or lactating women.

* This Statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by Carlson Division
of J.F. Carlson Laboratories Inc.
Arlington Hts., IL 60004-1985

POTENCY & QUALITY
GUARANTEED

