

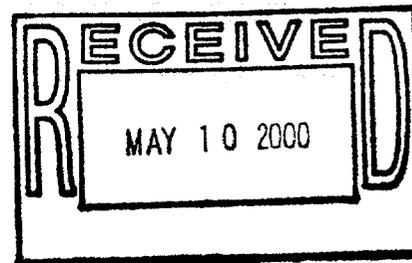


Bob Moore

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April 14, 2000

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



Dear Sirs:

Notice is hereby given pursuant to the requirements of section 403(r)(6) (21 U.S.C. 343(r)(6)) of the Federal Food, Drug and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that Naturade, Inc., located at 14370 Myford Road, Irvine, CA 92606, within the past 30 days commenced marketing a dietary supplement bearing the following statement(s) on the label and/or in the labeling:

TEXT OF CLAIM

“Helps Relieve PMS Discomfort”

“Dong Quai—the “Woman’s Ginseng,” helps reduce painful cramping”

“Vitex Agnus Castus regulates estrogen, helps reduce breast tenderness”

“Chinequalize™ adaptogenic herb base helps maintain your natural balance”

“Why endure the monthly discomfort and the mood swings of PMS? Most Chinese women don’t! Chinese Herbal Technology may hold the answer that Western Science hasn’t provided for your routine monthly PMS problems. PMS Support is a natural, plant-based approach that helps promote a healthy hormonal balance.”

“PMS Support includes Dong Quai, the “Woman’s Ginseng,” an herb which has been used for thousands of years. Dong Quai helps promote cycle regularity and reduce painful cramping by actually stimulating and relaxing the uterus. PMS Support combines Vitex Agnus Castus (Chastetree Berry), an herbal estrogen regulator, to help normalize your cycle. Studies show this herb can help reduce bloating and breast tenderness and help you minimize unpleasant mood swings. PMS Support also includes our proprietary Chinequalize™ blend of five adaptogenic herbs to help you maintain your natural balance.”

NAME OF INGREDIENT OR SUPPLEMENT THAT IS SUBJECT OF CLAIM

Dong Quai Root Extract

Chastetree Berry Extract

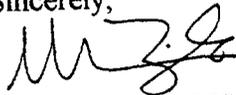
Proprietary Chinequalize™ Blend:

Schizandra chinensis (berry powder), Astragalus membranaceus (root powder),
Codonopsis tangshen (root powder), Lycium chinensis (fruit powder), Rehmannia
glutinosa (root powder)

NAME OF SUPPLEMENT
The Chinese Way™
PMS Support™

The undersigned certifies that the information contained in this notice is complete and accurate and that Naturade, Inc. has substantiation that these statements are truthful and not misleading.

Sincerely,



Marwan Zreik, MS, CCN
VP Research & Development