

100 Randlett Park
West Newton, MA 02465
April 28, 2000

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Janet Henney, MD
Commissioner, FDA
5600 Fishers Lane
Rockville, MD 20857

Dear Dr. Henney,
I'm writing to you about my experience with olestra and to encourage you to keep the warning label for olestra. Rather than eliminate the label, I encourage you to make it more prominent and more explicit so people will understand just how horrible olestra is.

My first experience with it was fairly benign, but after eating a few chips for a few days in a row, I got seriously ill. It came on slowly, with stomach cramps and I felt like I just had to go to the bathroom. But after an hour or so, the cramps were so severe, that I couldn't walk comfortably. I was away from home at the time and I managed to get to a bathroom, but I couldn't actually go. I finally made it back to the car and my husband drove the hour to get home, the entire time I was doubled over in pain. I could only compare the pain to being in labor. When we got home, I went to bed, because by then I was also experiencing double vision. After several hours, the cramps passed and by the next day I felt better, however I would never eat anything with olestra in it again. I feel strongly that it should be removed from all foods. The FDA should alert all people of the dangers of olestra. At the very least, the warning label should be plastered all over the product. Thank you for taking this seriously.

Sincerely,



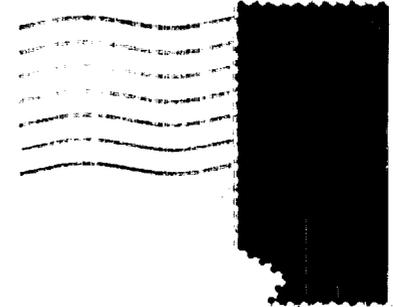
Barbara Gubb

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