

**NOTIFICATION PURSUANT TO**  
**SECTION VI OF DSHEA**

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In compliance with Section VI of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff PMS Formula, products #11303, Breast Health Insert S-3230, S-3487** bearing the statement(s) set out below:

**Weider Nutrition International Inc.**  
**2002 South 5070 West**  
**Salt Lake City, Utah 84104**

The text of each structure/function claim is as follows:

Carton:

**(Statement 1)** Schiff PMS Formula is specially formulated to support a normal, healthy attitude during PMS. Calcium and other essential minerals support bone health and cardiovascular functions. Iron is an important mineral for menstruating women. Chasteberry extracts help to maintain a healthy hormonal balance during the menstrual cycle. Vitamin B1 supports healthy mood and mental functions. Helps to maintain hormonal balance during menstrual cycles. Supports a normal healthy attitude during PMS.

Label:

**(Statement 2)** Schiff's PMS Formula is specially formulated to support a normal, healthy attitude during PMS.

Insert:

**(Statement 3)** Women with PMS have found it to be particularly helpful when used in a program of self-care including diet, exercise and stress reduction. Dairy products, including cow's milk, cow's cheese, butter, yogurt and eggs interfere with the absorption of magnesium, a mineral that may decrease cramps, help glucose metabolism and support mood.

Vitamin A—Vitamin A helps to maintain the health of your skin.

Vitamin B-Complex—B Complex is important for the breakdown of foods into energy. Maintenance of health of all body tissues relies on adequate B-complex vitamin status.

Vitamin B6—Vitamin B6 promotes normal physiological functioning and health during PMS and also supports women during the stressful times of PMS.

Vitamin D—Vitamin D is essential for the absorption of calcium from the digestive tract.

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Vitamin E—It protects the cells from the destructive effects of many environmental insults that can react with the polyunsaturated fats in the cell membranes. Antioxidant activity of Vitamin E regulates prostaglandins important for promoting premenstrual symptoms.  
Magnesium and Calcium—Calcium plays a role in the symptomatology of premenstrual syndromes. Magnesium may be deficient in some women with PMS. Adequate magnesium supports normal mood and overall health.  
Zinc—deficiencies of zinc status have been found in some studies of women with PMS.

**(Statement 4)** Schiff PMS formula is a nutritional supplement specially formulated to support women's health and to promote a normal, healthy attitude during PMS.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc., am authorized to certify this Notification on behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 10<sup>th</sup> day of June, 2003

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI

Vice President of Research