



NOT RECORDED

January 6, 2005

Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

JAN 27 2005

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer:      IdeaSphere Inc.  
   150 Motor Parkway  
   Hauppauge, NY 11788

Text of statement being made: "naturally provides menopause support"

Dietary supplement ingredients: Black Cohosh Root and Black Cohosh Root Extract.

Dietary supplement brand and name: Spring Valley BLACK COHOSH ROOT CAPSULES

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statement being made is truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "M. Lyskanycz", written in a cursive style.

Myron Lyskanycz  
Vice President of Marketing  
IdeaSphere Inc.

979 0162      LET 134156

Enclosures