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NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA  
AND 21 CFR §101.93.

This notification is being filed on behalf of NDS Nutrition, LLC, which is the manufacturer of the product which bears the statements identified in this notification. Its business address is: 13423 Lynam Drive, Omaha, NE 68138.

This notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. §101.93. The dietary supplement product on whose label and labeling the statements appear is Natural Woman Iron-Free.

The text of each statement for which notification is now being given is as follows:

Statement 1: Support heart function.

Statement 2: Promote healthy energy levels.

Statement 3: Enhance immune health.

Statement 4: Natural Woman multi-vitamin contains critical nutrients a woman needs to support heart function, promote energy levels and support the body's normal stress response.

The following summary identifies the dietary ingredient or supplement for which a statement has been made:

<u>Statement Number</u>	<u>Identity of Dietary Ingredient or Supplement that is the Subject of the Statement</u>
1	Natural Woman Iron-free
2	Natural Woman Iron-free
3	Natural Woman Iron-free
4	Natural Woman Iron-free

The following identifies the brand name of the supplement for which a statement is made:

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label/Labeling</u>
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97S 0162

LET

16 975

1	NDS	label/labeling
2	NDS	label/labeling
3	NDS	label/labeling
4	NDS	label/labeling

I, Cory Wiedel, am authorized to certify this Notification on behalf of NDS Nutrition, LLC. I certify that the information presented and contained in this Notification is complete and accurate, that (company name) has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: 10-25, 2005 By: CJW