



CELESTIAL SEASONINGS, INC.

4600 Sleepytime Drive, Boulder, CO 80301-3292 USA (303) 530-5300

February 3, 1997

Office of Special Nutritionals
HFS 450
200 C Street SW
Washington, DC 20204

0016 '97 SEP 19 P1:27

As per Section 6 of the Dietary Supplement Health and Education Act of 1994, I respectfully submit the following information:

Name and address:

Celestial Seasonings, Inc.
4603 Sleepytime Drive
Boulder, CO 80301-3292

Text of statement(s):

- Tension Tamer with St. John's wort, kava kava, chamomile and B vitamins is a gentle way to help your body handle the effects of stress naturally.
- We guarantee the exact, standardized amount of ingredients you see on the label in EVERY dosage for an effective, consistent and safe way to cope with stress.

Name of the Dietary Ingredient(s):

St. John's Wort Extract, Kava Kava Extract, Chamomile Extract, Vitamin B6, Vitamin B12,

Name of the dietary supplement (including brand name):

Celestial Herbal Extracts™
Tension Tamer

I hereby certify that the information contained in the above notice is complete and accurate, and that Celestial Seasonings, Inc. has substantiation that the statements are truthful and not misleading.

Sincerely,

Mike Gross
Quality Assurance Manager

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