



June 1, 1998

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6/22/98

Office of Special Nutritional (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 c street, Sw
Washington DC 20204

NOTIFICATION OF STATEMENTS
OF NUTRITIONAL SUPPORT

This Notification is filed pursuant to § 403 (r) (6) of the Federal Food Drug and Cosmetic Act (FDC Act), 21 U.S.C. § 343 (r)(6).

Name of dietary supplement: Whole Foods Gentle Sleep™

Statement[s] of
nutritional support: Herbal Sleep formula

Valerian is a natural herb that has a calming, soothing effect on the brain. . . . relaxing properties to promote a healthy night's sleep . . . Peppermint and chamomile are commonly used to soothe troubled nerves, and American ginseng has been shown to have a relaxing effect on the body.

I certify that the information contained in this notice is complete and accurate, and that we have substantiation that the statement [s] is [are] truthful and not misleading.

A handwritten signature in black ink, appearing to read "Tod Kimbell".

Tod Kimbell, Ph.D.
Senior Research Director
AMRION, INC.

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