

# NATURES BENEFIT, INC.

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Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
U.S.D. Food and Drug Administration  
200 C Street, S.W.  
Washington, D.C. 20204

**Re: SLEEP NATURALLY™**

Ladies/Gentlemen:

This is to notify the Food and Drug Administration that our company has begun to market **SLEEP NATURALLY™** Dietary Supplement, with the following statement of nutritional support included on the product's label:

**Nutritional support for the body function of sleep.**

It is hereby certified that the information in this notice is complete and accurate, and that our company has substantiation that the above statements of nutritional support are truthful and not misleading.

Very truly yours,



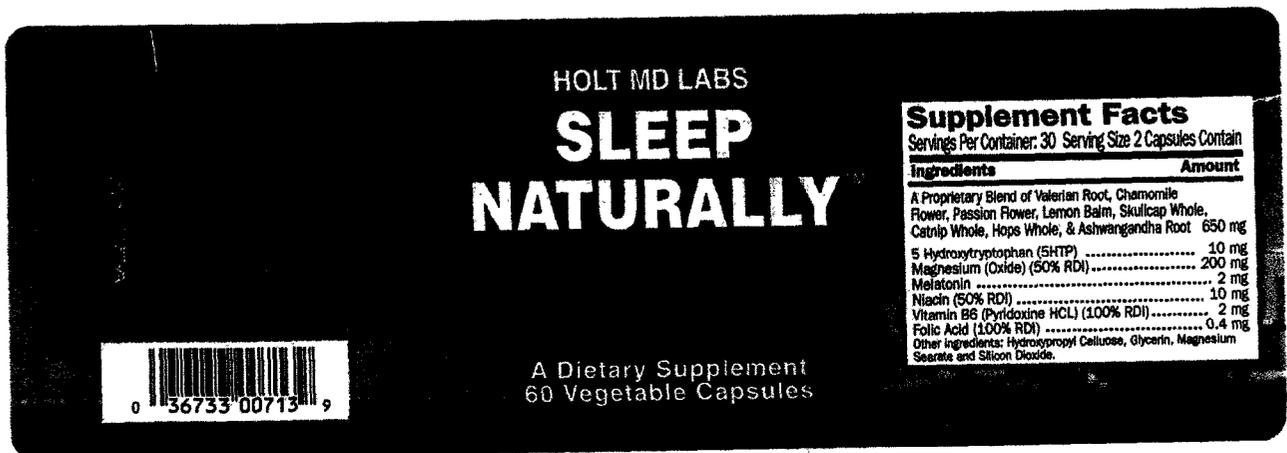
Natures Benefit, Inc.

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By  
Eva Slusarczyk  
Executive Assistant



HOLT MD LABS  
**SLEEP  
NATURALLY**

A Dietary Supplement  
60 Vegetable Capsules

**Supplement Facts**  
Servings Per Container: 30 Serving Size 2 Capsules Contain

Ingredients	Amount
A Proprietary Blend of Valerian Root, Chamomile Flower, Passion Flower, Lemon Balm, Skullcap Whole, Catnip Whole, Hops Whole, & Ashwagandha Root	650 mg
5 Hydroxytryptophan (5HTP)	10 mg
Magnesium (Oxide) (50% RDI)	200 mg
Melatonin	2 mg
Niacin (50% RDI)	10 mg
Vitamin B6 (Pyridoxine HCL) (100% RDI)	2 mg
Folic Acid (100% RDI)	0.4 mg
Other Ingredients: Hydroxypropyl Cellulose, Glycerin, Magnesium Stearate and Silicon Dioxide.	

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