



Partners in Health and Beauty

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

NOV 1 2000

November 9, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of product Formula IV Pre-Menses Tablets (dietary ingredients: vitamin C, vitamin E, vitamin B-6, folic acid, calcium, iron, magnesium, zinc, copper, manganese, chromium, potassium, chaste tree berry, L-tyrosine, borage oil, licorice, dong quai extract, dandelion extract, cramp bark, blue cohosh, milk thistle, passion flower, bromelain & vanadium). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

GLA, vitex and other nutrients for positive menstrual support.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.