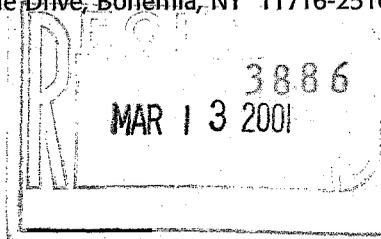




90 Orville Drive, Bohemia, NY 11716-2510 ■ Phone: (631) 567-9500 ■ Fax: (631) 218-7480



March 9, 2001

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

Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our PMS Formula supplement under one or more-of the following brand names: American Health, Body Fortress, Good 'N Natural, Health's Finest, HealthWatchers, Heartland, Home Health, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Precision Engineered, Puritan's Pride, US Nutrition, Vitamin World:

- Premenstrual Syndrome
- Let PMS Formula be your secret weapon against the occasional stress and discomfort of your monthly cycle.
- PMS formula combines traditional women's herbs, such as Evening Primrose Oil and Dong Quai, with essential nutrients, such as Calcium, Vitamin B-6 and Magnesium, to help promote menstrual health.
- PMS Formula gives you the holistic support you need to relieve the periodic discomfort, mild mood changes, cramping and water retention associated with the menstrual cycle.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD

Director of Nutrition Communications

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