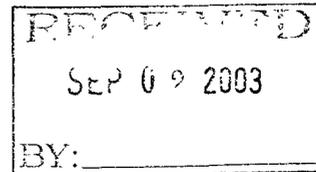




90 Orville Drive, Bohemia, NY 11716-2510 ■ Phone: (631) 567-9500 ■ Fax: (631) 218-7480

Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

August 18, 2003



Dear Sir or Madam:

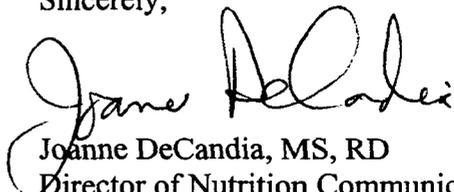
This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Ashwagandha supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress,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

Ingredient: Ashwagandha Extract

- Supports Well-Being
- Ashwagandha appears in the ancient Vedas of Ayurvedic custom and is known as the "Indian Ginseng." As an adaptogen, Ashwagandha has a positive effect on antioxidant and immune system health.

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

Sincerely,


 Joanne DeCandia, MS, RD
 Director of Nutrition Communications

JD/dc

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