

**NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA and 21 C.F.R. § 101.93**

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OCT - 3 2003

This notification is being filed on behalf of Eastern Wisdom Herb Company which is the producer of the product(s) which bear the statements identified in this notification. Its business address is: P.O. Box 781, Placitas, NM 87043. This notification is being made pursuant to Section 6 of DSHEA and 21 C.F.R. § 101.93. The dietary supplement product on whose label or labeling the statements appear is Calm and Easy.

- A. The text of each structure/function statement for which notification is now being given is:

(Statement 1): This traditional formula is used to promote restful sleep, relieve mild stress, and help achieve emotional balance.

- B. The following summary identifies the dietary ingredients or supplements for which a statement has been made:

All of the structure function claims made above in A. are made for the product Calm and Easy, and in particular refer to the herbs Chinese Skullcap root, Grass-Leaf Sweetflag root.

I, Dr. Miles Sledd, DOM, am authorized to certify this notification on behalf of Eastern Wisdom Herb Company. I certify that the information presented and contained in this Notification is complete and accurate, and that Eastern Wisdom Herb Company has substantiation that each structure/function statement is truthful and not misleading.

Date Signed: 9/23/03

By: Dr. Miles Sledd DOM
Dr. Miles Sledd, DOM
Research Consultant

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