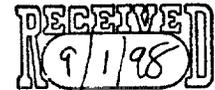


August 21, 1998

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



Dear Sir or Madam

This letter will serve as a 30-day notification, pursuant to 403(r)(6) of the Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product manufacturer: Nature's Herbs, 600 East Quality Drive, American Fork, UT 84003

Nutritional support claim being made: Nutritionally supports healthy adaptogenic function.

Dietary supplement ingredient: Siberian Ginseng Root

Product brand and name: Fred Meyer Natural Choices Siberian Ginseng

As required, enclosed are two photocopies of this notification.

Sincerely

A handwritten signature in black ink, appearing to read "Stephen L. Welling", written over a large, loopy scribble.

Stephen L. Welling
President

Enclosures

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