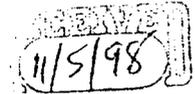


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October 26, 1998

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 Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: Nature's Herbs, a division of Twin Laboratories Inc.
600 East Quality Drive
American Fork, UT 84003

Nutritional support claim being made: Nutritionally Supports Feelings of Well-Being

Dietary supplement ingredient: St. John's Wort (*Hypericum perforatum*) Extract

Product brand and name: Twinlab TruHerbs St. John's Extract 0.3%

As required, enclosed are two photocopies of this notification.

Sincerely,

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

Enclosures

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