



CONTINENTAL VITAMIN COMPANY

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November 20, 1998

Office of Special Nutritional (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C. St. S.W.
Washington, DC 20204

Notice of Descriptive Claim

Text of description claims:

- 1) Natural restful sleep
- 2) Wake refreshed

Name of dietary ingredient that is the subject of the statements:

- 1) Passion Flower, Chamomile, Valerian, Wild Yam
- 2) Passion Flower, Chamomile, Valerian, Wild Yam

Brand name of dietary supplement:

Instant Release Slumber Helper

I certify that this information presented and contained in this notice is accurate.

William Yuh
_____ (ed)

Continental Vitamin Company, Inc.
4510 South Boyle Ave.
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