

BETTER LMNG through NUTRITION

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 GRESHAM, OR 97030
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December 15, 1998

Secretary of Health and Human Services
 c/o Office of Special Nutritional
 Center for Food Safety and Applied Nutrition
 Food and Drug Administration
 200 C Street SW
 Washington, D. C. 20204

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To the Official Listed Above:

Notice is provided under Section 403 (r) (6) of the Federal Food, Drug, and Cosmetic Act of the labels to be used on 6 dietary supplements which will be distributed interstate beginning next year,

Swope Company, an Oregon corporation, is beginning to distribute this product.
 The address is: 20801 SE Lansing Lane
 Boring, OR 97009

We also do business as Better Living and as Better Living through Nutrition.

The text of the statements being made follows.

<p>3 Capsule Provide:</p> <p>Ca 500 mg Mg 500 mg K 100 mg Zn 50 mg Mn 20 mg Fe 15 mg Cu 4 mg B 2 mg Si 1 mg Se 200 mcg Cr 200 mcg Mo 100 mcg V 100 mcg</p> <p>Direction: Adults take 1 capsule 3 times daily.</p> <p>BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>MULTIPLE MINERALS</p> <p>DIETARY SUPPLEMENT FORMULATED FOR BIO- AVAILABILITY</p> <p>CONTENTS: 1 80 CAPSULES</p>	<p>Directions: 3 capsules/day for adults. Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to support mature adults in obtaining adequate mineral supplements for a healthy diet. Contains no milk, yeast, sugar, corn, soy or gluten products. Tamper resistant package for your protection. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.</p>
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The dietary supplement referred to is a multiple mineral formulation. There is no brand name at this point.

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<p>3 Capsule Provide: Vitamin A 5000 IU Mixed Carotenoids 20,000 IU (Pro-Vitamin A) B 1(Thiamin) 100 mg B2 (Riboflavin) 50 mg B3 (Inositol 200 mg Hexa niacinate) B5 (Pantothenic Acid) 200 mg B6 (Pyridoxine) 100 mg B 12 (Cyanocobalamin) 500 mcg Biotin 5(I mcg Choline 50 mcg Folic Acid 400 mcg Vitamin D 200 IU Vitamin E 400 IU Direction: Adults take 1 capsule 3 times daily.</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>MULTIPLE VITAMINS</p> <p>DIETARY SUPPLEMENT BOOSTED WITH ANTI- OXIDANTS</p> <p>CONTENTS: 180 CAPSULES</p>	<p>Directions: 3 capsules/day for adults. Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to support mature adults in obtaining adequate vitamin supplements for a healthy diet. Contains no milk, yeast, sugar, salt, corn, or gluten products. Tamper resistant package for your protection. <small>These statements havenotbeen evaluated by the FDA This product is notintended to diagnose, treat, cure, or prevent any disease</small> BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>
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The dietary supplement referred to is a multiple vitamin formulation.
There is no brand name at this point.

<p>1 Capsule Provides: 300 mg St. John's Wort Standardized to contain .3°A Hypericin. Hypoallergenic rice fiber added to complete capsule volume.</p> <p>Direction: Adults take 1 capsule 3 times daily.</p> <p>Tamper resistant package for your protection.</p> <p>BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>ST. JOHN'S WORT</p> <p>STANDARDIZED EXTRACT OF HERB</p> <p>CONTENTS: 90 CAPSULES</p>	<p>Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to support the maintenance of normal mood and emotional stability. Sugar salt starch preservatives Contains no milk, yeast, sugar, salt, corn, soy, or gluten products. <small>These statements have not been evaluated by the FDA This product is not intended to diagnose, treat, cure, or prevent any disease</small></p>
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The dietary supplement referred to is a standardized extract of the herb St. John's Wort.
There is no brand name at this point.

<p>1 Capsule Provides: 80 mg extract of Ginkgo Biloba leaves standardized to contain 24% Flavone Glycosides and 6% Ginkgolides and Bilobasides. 375 mg Ginkgo Biloba leaf powder. Direction: Adults take 1 capsule 3 times daily.</p> <p>Tamper resistant package for your protection.</p> <p>BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>GINGKO BILOBA</p> <p>STANDARDIZED EXTRACT OF HERB</p> <p>CONTENTS: 90 CAPSULES</p>	<p>Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to support the maintenance of normal blood circulation and brain function.</p> <p>Contains no milk, yeast, sugar, salt, corn, soy or gluten products.</p> <p><small>These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p>
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The dietary supplement referred to is a standardized extract of the herb Ginkgo Biloba. There is no brand name at this point.

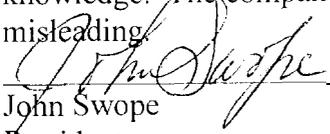
<p>1 Capsule Provides: 150 mg extract of Echinacea Augustifolia and Purpurea standardized to contain 4% Echinacosides. 300 mg Echinacea Purpurea herb. Direction: Adults take 1 capsule 3 times daily.</p> <p>Tamper resistant package for your protection.</p> <p>BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>ECHINACEA</p> <p>STANDARDIZED EXTRACT OF HERB</p> <p>CONTENTS: 90 CAPSULES</p>	<p>Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to support the stimulation of the body's natural immune defences.</p> <p>Contains no milk, yeast, sugar, salt, corn, soy or gluten product</p> <p><small>These statements have not been evaluated by FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p>
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The dietary supplement referred to is a standardized extract of the herb Echinacea. There is no brand name at this point.

<p>1 Capsule Provides: 400 mg Quercetin. Hypoallergenic rice fiber added to complete capsule volume. Direction: Adults take 1 capsule 3 times daily.</p> <p>Tamper resistant package for your protection.</p> <p>BETTER LIVING THROUGH NUTRITION GRESHAM, OR 97030</p>	<p>BETTER LIVING THROUGH NUTRITION</p> <p>QUERCITIN</p> <p>HERBAL DIETARY SUPPLEMENT</p> <p>CONTENTS: 90 CAPSULES</p>	<p>Keep out of reach of children. Pregnant or nursing women should consult their physician before use. This product is formulated to inhibit the body's production and release of histamine.</p> <p>Contains no milk, yeast, sugar, salt, corn, soy or gluten products.</p> <p><small>These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p>
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The dietary supplement referred to is Quercetin.
There is no brand name at this point.

I certify that the above statements are complete and accurate to the best of my knowledge. The company has substantiation that the statement made is truthful and not misleading.



John Swope
President