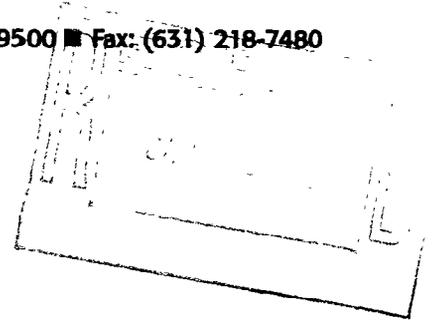




90 Orville Drive, Bohemia, NY 11716-2510 ■ Phone: (631) 567-9500 ■ Fax: (631) 218-7480

01/03/2002 10:12 AM



Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

January 3, 2002

Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Cascara Sagrada supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Life's Finest, Herbal Authority, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Physiologics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

- Supports/Promotes Regularity
- Derived from a tree Northern California Indians called, "sacred bark," Cascara Sagrada has been known for its cathartic action.
- Cascara Sagrada is an all-natural laxative designed for the relief of occasional constipation.
- Cascara Sagrada helps promote regularity and contains no harsh synthetics, so you can be assured of gentle, yet efficient, relief.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD

Director of Nutrition Communications

OS/tk

975 0162

LET 9178

78986