

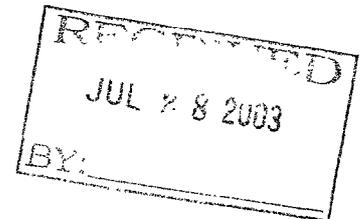


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Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

July 23, 2003



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 Meno-Ease™ 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, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

Ingredients: Wild Yam, St. John's Wort Extract, Dong Quai, Black Cohosh, Licorice.

- Supports/promotes menopausal health.
- This product combines some of the best ingredients for midlife including Wild Yam and Dong Quai, two herbs traditionally used for women's health, plus Black Cohosh, which supports a positive outlook and helps alleviate menopausal symptoms such as occasional sleeplessness and mild mood changes.
- In addition we've included St. John's Wort, which helps promote a positive mood, so you can be your tranquil best.
- By combining the power of St. John's Wort with traditional wisdom, Meno-Ease™ gives you the support you need to manage the emotional changes which occur in a woman's body over time.

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

Sincerely,

Joanne DeCandia
Joanne DeCandia, MS, RD
Director of Nutrition Communications

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