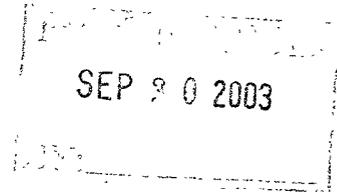




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September 23, 2003



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

Pharmavite Reference: 14163 L40 AA

Dear Sir or Madam:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

- (1) Name and address of manufacturer:
Pharmavite LLC, PO Box 9606, Mission Hills, CA 91346
- (2) Text of the statement(s):
At least 20 human clinical trials have been published on valerian preparations testing their safety and efficacy in occasional anxiety. This research suggests that valerian preparations may help promote relaxation. The German Commission E (one of the most recognized authorities on herbal products) approved valerian preparations for restlessness.
- (3) Name of the dietary ingredient(s):
Valerian (root)
- (4) Name of the dietary supplement(s):
Products containing valerian as a single ingredient or in combination with other ingredients

The above statement(s) may be used in one or more of the following brands of products: B.J.'s Wholesale, Kirkland Signature, Nature Made, Nature's Resource, Nutri Plus, Olay, Spring Valley, Target, TruNature, Walgreens.

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Re: 14163 L40 AA
September 23, 2003
Page 2

We certify the information in this notice is complete and accurate, and we have substantiation that the above statement(s) is truthful and not misleading.

Sincerely,



David Kropp
Director, Regulatory and Consumer Affairs

cc. P. Bolar