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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

August 28, 2003

SEP 25 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 Flash Fighters™ Menopause Relief™ 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, Herbal Authority, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition, and Vitamin World:

Ingredients: Soy Concentrate, Black Cohosh Extract, Dong Quai, Licorice, Vitex Extract

- A Natural Solution to Natural Menopausal Changes
- Helps Alleviate Menopausal Symptoms
- For Hot Flashes, Night Sweats and Mild Mood Changes
- Recent studies have highlighted the need for natural menopausal relief. Flash Fighters™ Menopause Relief™ contains some of the most important ingredients for menopausal symptoms including Soy Concentrate, Black Cohosh and Vitex Extract (Chasteberry).
- These non-synthetic, holistic, active ingredients help alleviate the hot flashes, night sweats and mood changes associated with the menopausal years.

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

Sincerely,

Joanne DeCandia, MS, RD
Director of Nutrition Communications

JD/dc

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