

5176 '99 FEB 19 P3:02

January 22, 1999



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

Dear Sir or Madam

This letter will serve as a 30-day notification, pursuant to 403(r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product manufacturer: Nature's Herbs, 600 East Quality Drive, American Fork, UT 84003

Nutritional support claim being made: Helps the body adapt to physical and mental stress

Dietary supplement ingredient(s): Siberian Ginseng Root and Korean (*Panax*) Ginseng Root

Product brand and name: Spring Valley Ginseng Complex

As required, enclosed are two photocopies of this notification.

Sincerely

A handwritten signature in black ink, appearing to read "S. Welling", written over a large, loopy scribble.

Stephen L. Welling  
President

Enclosures