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James T. Tanner, Ph.D.
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 "C" St., S.W. (HFS-450)
Washington, D.C. 20204

Dear Mr. Tanner:

Pursuant to Section 6 of the Dietary Supplements Health and Education Act of 1994, Rainbow Light Nutritional Systems, Inc. wishes to notify the Food and Drug Administration that it has within the past 30 days, commenced marketing a dietary supplement which bears a statement of nutritional support.

The dietary supplement for which the statement is made is Adaptogen™. The statement of nutritional support reads as follows:

"Siberian Ginseng helps the body maintain and rebuild vitality and adapt to a variety of stressors."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This statement of nutritional support is based on data which renders this statement substantiated, truthful and non-misleading.

Sincerely,

Rainbow Light Nutritional Systems, Inc.

Margaret Johnson
Executive Administrator