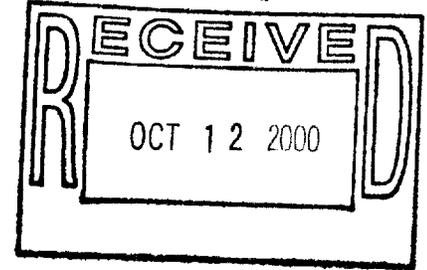


Partners in Health and Beauty 749 '00 OCT -6 12:10



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

September 25, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of 4 Thought™ Tablets (dietary ingredients: niacin, vitamin B-6, folic acid, vitamin B-12, pantothenic acid, calcium, DMAE bitartrate, L-pyroglutamic acid, acetyl L-tyrosine, acetyl L-carnitine, choline, Ginkgo biloba extract). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

4 Thought™ dietary supplement is formulated to help improve mild memory problems associated with aging.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.

975-0162

Lot 5979