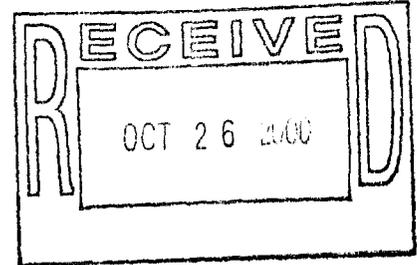


2703 '00 NOV -6 P2:29

October 23, 2000

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.

Name and address of Product Manufacturer: Nature's Herbs, a division of Twin Laboratories
600 East Quality Drive
American Fork, UT 84003

Text of statement being made: Nutritionally supports relaxation and feelings of well-being.

Dietary supplement ingredient: St. John's Wort and Kava Kava.

Product brand and name: Twinlab TruHerbs ST JOHN'S WORT / KAVA KAVA.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and the Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Neil Blechman". The signature is written in a cursive style with a long horizontal stroke at the end.

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

975-0162

6138
Ket ~~_____~~