



Partners in Health and Beauty

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

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November 22, 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 5-HTP (5-Hydroxytryptophan) Capsules (dietary ingredient: 5-hydroxytryptophan). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Helps promote well-being. Helps increase brain serotonin and helps normalize sleep patterns.

Sincerely,

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

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