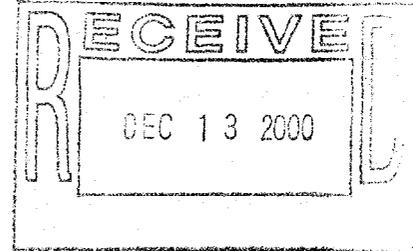


Partners in Health and Beauty



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

December 5, 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 product Formula XIV Menopause Support Tablets (dietary ingredients: vitamin E, vitamin B-6, pantothenic acid, calcium, magnesium, black cohosh, dong quai extract, damiana extract, red clover, horsetail, chaste tree berry, licorice & L-tyrosine). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Positive nutritional support for a woman's change.

Sincerely,

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