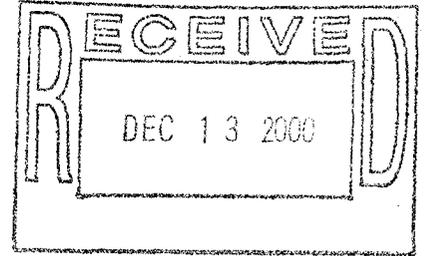


Partners in Health and Beauty



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 Stress "M" Tablets (dietary ingredients: vitamin C, thiamin, riboflavin, niacin, vitamin B-6, folic acid, vitamin B-12, d-biotin, pantothenic acid, calcium, magnesium, inositol, taurine, choline bitartrate, para-aminobenzoic acid, lemon peel). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

B complex with synergistic nutrients to aid in "stress management."

Sincerely,

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

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01 JAN - 2000