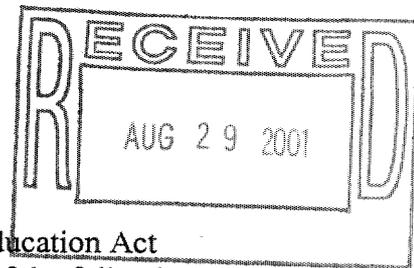


NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA



In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® PMS Nutritional System Kit, #11460** bearing the statements set out below:

Weider Nutrition International, Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure function claim for **PMS Multiple Vitamin/Mineral: Vitamin A, Vitamin C, Vitamin D, Vitamin E, B1, B2, B3, B6, B12, Folate, Biotin, Manganese, Chromium, Molybdenum, Boron & Potassium; PMS Herbal Formula: B1, B6, Folate, Calcium, Iron, Magnesium, Zinc, Vitex agnus castus extract, Dandelion leaf, Cramp bark & Ginger** is as follows:

(Statement 1) Carton:
Provides essential nutrients that may be important during stressful premenstrual and menstrual cycles. Women with PMS have found it to be particularly helpful when used in a program of self-care including diet, exercise and stress reduction.

(Statement 2) Insert:
Women with PMS have found it to be particularly helpful when used in a program of self-care including diet, exercise and stress reduction.

Vitamin A—Vitamin A helps to maintain the health of your skin.
Vitamin B Complex—B Complex is important for the breakdown of foods into energy. Maintenance of health of all body tissues relies adequate B Complex Vitamin status.
Vitamin B6—Vitamin B6 promotes normal physiological functioning and health during PMS and also supports women during the stressful times of PMS.
Vitamin D—Vitamin D is essential for the absorption of calcium from the intestinal tract.
Vitamin E—It protects the cells from the destructive effects of many environmental insults that can react with the polyunsaturated fats in the cell membranes. Antioxidant activity of Vitamin E regulates prostaglandins important for promoting premenstrual symptoms.

Magnesium and Calcium—Calcium plays a role in the symptomatology of premenstrual syndromes. Magnesium may be deficient in some women with PMS. Adequate magnesium supports normal mood and overall health.

Zinc—Deficiencies of zinc status have been found in some studies of women with PMS.

(Statement 3)

Dairy Products, including cow's milk, cow's cheese, butter, yogurt and eggs interfere with the absorption of magnesium, a mineral that may decrease cramps, help glucose metabolism and support mood.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 21st day of August, 2001.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 
DR. LUKE R. BUCCI
Vice President of Research