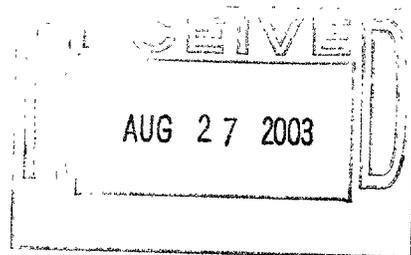


August 18, 2003

5738 '03 AUG 29 P2:10

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Brush Pkwy.
College Park, Md. 20740



Dear Sirs:

Notice is hereby given pursuant to the requirements of Section 403(r)(6) (21) U.S.C.343(r)(6) of the Federal Food, Drug, and Cosmetic Act and in accordance with requirements of 21CFR101.93 that Smooth Sailing Co. P.O.Box 29018, Bellingham, Wa. 98228, has commenced marketing a dietary supplement bearing the following statement on the label and/or in the labeling:

Text of Claim

Soothes and Settles the Stomach Naturally

Product Name

Smooth Sailing

Dietary Supplement

Ginger

We hereby certify that the information contained in the above notice is complete and accurate, and that Smooth Sailing Co. has substantiation that the statements are truthful and not misleading.

Sincerely,

Smooth Sailing Co.

A handwritten signature in cursive script that reads "Steve Nelson".

Steve Nelson
President

975 0162

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