

**NOTIFICATION PURSUANT TO**  
**SECTION VI OF DSHEA**

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In compliance with Section VI 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 Menopause Nutritional System, #11479** bearing the statement(s) set out below:

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

The text of each structure/function claim is as follows:

Label:

- (Statement 1)** Schiff Menopause Formula supports healthy moods when used in a program of self-care including diet and exercise and stress reduction.
- (Statement 2)** Black Cohosh and Soy Isoflavones help with hot flashes.
- (Statement 3)** Schiff Menopause Formula is specially formulated to support the unique nutritional needs of women experiencing menopause. Black cohosh supports vaginal health, assists in hormone level balance in the body and helps with hot flashes and mood swings associated with menopause. Soy Isoflavones and Resveratrol help with some of the symptoms associated with menopause. Helps with menopausal hot flashes, headaches and mood swings.

Carton:

- (Statement 4)** Schiff Menopause Formula is specially formulated to support the unique nutritional needs of women experiencing menopause. Black cohosh supports vaginal health, assists in hormone level balance in the body and helps with hot flashes and mood swings associated with menopause. Soy Isoflavones may help with some of the symptoms associated with menopause. Antioxidant properties of Resveratrol may reduce free radicals in the body. Vitamin K supports bone health which is important for women during and after menopause. In addition, Calcium is essential for optimal bone health. Magnesium is an essential mineral to the enzyme systems that are responsible for energy conversion in the body. Boron supplementation allows for optimal calcium, magnesium and hormone levels in the blood. Helps with menopausal hot flashes, headaches and mood swings. Promotes strong bones.

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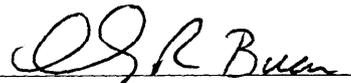
**(Statement 5)** Schiff Menopause Formula is designed to supplement a woman's needs during and after menopause.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc., am authorized to certify this Notification on 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 10<sup>th</sup> day of June, 2003

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI  
Vice President of Research