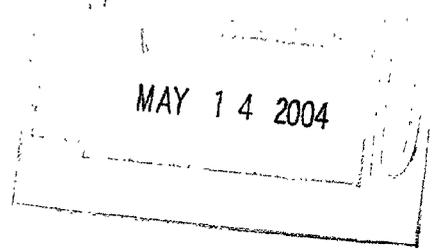


Planetary Formulas®
Soquel, CA 95073

March 31, 2004

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW., Washington, D.C. 20204



RE: Notification of Nutritional Support Statements

To whom it may concern:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Holy Basil Extract, a dietary supplement. Planetary Formulas® is the manufacturer of Holy Basil Extract.

Statements being made in the labeling of Holy Basil Extract

- 1) Holy basil (known as tulsi in ayurveda) is one of the primary botanicals used in India for reducing the negative effects of stress by lowering cortisol production in the adrenals.
- 2) *In vitro* research shows the ursolic acid in holy basil inhibits COX-2 an inflammatory enzyme.
- 3) As a powerful adaptogen, it helps maintain normal blood sugar levels when used as part of your diet, as well as promote focused clarity.

To the best of my knowledge and belief, and based upon information available at the time of the execution of this notice, I certify that the above information is accurate and complete. Planetary Formulas® possesses substantiation that the statements are truthful and not misleading.


Ira L. Goldberg
President, Planetary Formulas®

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