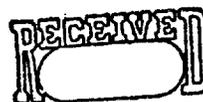


VITAMER

MAKING
YOUR
NAME

August 8, 1997

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



0282 '97 SEP 19 P1:57

Dear Dr. Yetley:

This letter is to notify you that we are offering for sale flax seed oil capsules as a dietary supplement. It contains the following structure/function statements: Contains essential omega-3 & 6 fatty acids....Flax seed oil is mother nature's richest vegetarian source of the combined two essential fatty acids, ALA (omega-3) & LA (omega-6). These fatty acids produce prostaglandins that regulate many functions in the body. Major roles include maintaining health of: the skin, joints, cell membrane structure, and cardiovascular & nervous systems. Because flax seed oil contains the highest level of ALA, it is one of the most effective dietary supplements for the maintenance of optimal health. Our flax seed oil capsules are a convenient way to supplement essential fatty acids, especially if consuming a low fat diet or too many "bad" fats (ie. saturated, hydrogenated).

Our label contains the proper disclaimer as well.

Thank you,

A handwritten signature in black ink, appearing to read "Lori Akian". The signature is fluid and cursive.

Lori Akian
Technical Nutrition Assistant

:lac068.131

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