



ARISE  
&  
SHINE

0240 5 APR -7 P2:28

9/1/55

March 16, 2005

Office of Nutritional Products, Labeling and  
Dietary Supplements (HFS-800)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

MAR 23 2005

**SECTION 403(r)(6) NOTIFICATION**

Dear Sir or Madam:

In accordance with the requirements of section 403(r)(6) of the Federal Food, Drug, and Cosmetic Act, **Arise & Shine Herbal Products, Inc.**, notifies FDA that it has begun using the following statements:

“May contain properties that help the body cope with stress, anxiety and tension” and  
“relax naturally.”

which contain the statutory statement, on the following product(s):

- 1) Kava Kava
- 2) Chamomile
- 3) Ginseng
- 4) Reishi Fruit
- 5) Valerian Root
- 6) St. John's Wort
- 7) Eleuthro

and the following statement:

“May help the body protect itself from some of the damaging effects of the sun/UV exposure by boosting melanin production in the body.”

975 0162

LET

15913

9/1/55

Which contains the statutory statement, on the following products(s):

- 1) Cayenne
- 2) Grape Seed Extract
- 3) Yarrow Root
- 4) Mustard Seed

I certify that the foregoing is complete and accurate, and that **Arise & Shine Herbal Products, Inc.** has substantiation that the statements are truthful and not misleading.

Very truly yours,

Arise & Shine Herbal Products, Inc.  
By: Sarah Adkins