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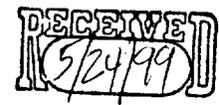
Prairie Sun Grains Ltd.

Head Office:
P.O. Box 2700
505-2nd Street S.W.
Calgary, Alberta T2P 2P5
Phone: (403) 290-4910
Fax: (403) 290-3550

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May 21, 1999

Plant:
P.O. Box 1570,
4601-51st Avenue
Camrose, Alberta T4V 1X4
Phone: (403) 672-3675
Fax: (403) 672-3598
Order Desk: 1-800-556-6807



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

Dear Madam or Sir:

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 the requirements of 21 CFR 101.93, that Prairie Sun Grains Ltd., 505 Second Street S.W., Calgary, Alberta, Canada, T2P 2P5, within the past 30 days commenced marketing 6 dietary supplements bearing the following statements on the labelling:

Prairie Sun Mind/Energy Herbal Supplement Bar:

“to improve mental acuity and energize the mind and body” (gingko biloba, Siberian ginseng and citrus bioflavanoids)

This herbal supplement contains gingko biloba, Siberian ginseng and citrus bioflavanoids.

Prairie Sun Mind/Energy Hot Quick Cooking Herbal Supplement:

“For circulation support, mood and mind power” (gingko biloba); “Siberian Ginseng has been used as a vitality tonic (Siberian Ginseng); “Bioflavanoids are antioxidants which also improve the absorption of vitamin C” (citrus bioflavanoids)

“Bioflavanoids have antioxidant properties, which help the body neutralize free radicals, while improving the absorption and efficiency of other nutrients such as vitamin C” (citrus bioflavanoids)

“...to help support and maintain cerebral circulation, memory, concentration and energy levels” (gingko biloba, Siberian ginseng and citrus bioflavanoids)

This herbal supplement contains gingko biloba, Siberian ginseng and citrus bioflavanoids.

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Prairie Sun Cardio Herbal Supplement Bar:

“Promote cardio health and circulation.” (English Hawthorn and sea buckthorn).

This herbal supplement contains English Hawthorn and sea buckthorn.

Prairie Sun Cardio Hot Quick Cooking Herbal Supplement:

“For heart health and circulatory support” (English Hawthorn), “enhance well-being” (sea buckthorn), “promote heart health and circulation” (English Hawthorn and sea buckthorn)

“Sea buckthorn also helps promote coronary system health” (sea buckthorn). “Sea buckthorn also contains glutathiones, a cleansing and detoxifying agent for the body” (sea buckthorn)

This herbal supplement contains English Hawthorn and sea buckthorn.

Prairie Sun Calm Herbal Supplement Bar:

“Promote relaxation and reduce stress.” (kava kava and American ginseng).

This herbal supplement contains kava kava and American ginseng.

Prairie Sun Calm Hot Quick Cooking Herbal Supplement:

“Sense of utter contentment and serenity” (kava kava). “Use it as a tonic, a natural restorative and vitalizer and to help sooth and nurture the mind” (American ginseng). “Helps us relieve stress and relax” (kava kava and American ginseng)

This herbal supplement contains kava kava and American ginseng.

The undersigned certifies that the information contained in this notice is complete and accurate and that Prairie Sun Grains Ltd. has substantiation that the statement is truthful and not misleading.

Sincerely,


Peggy LeSueur-Brymer, P. Ag.
Manager, Prairie Sun Grains Ltd.