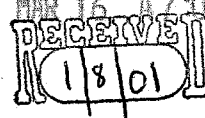


Source Naturals, Inc.
Scotts Valley, CA 95066

December 5, 2000

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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

Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Hi-Stress B&C™ a dietary supplement. Source Naturals® is the manufacturer of Hi-Stress B&C™.

Statements being made in the labeling of Hi-Stress B&C™:

- (1) Periods of heightened stress may deplete the body's nutrient stores. Hi-Stress B&C™ helps restore nutrient levels during times of stress, bringing the body back to balance.

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

Ira L. Goldberg
President, Source Naturals, Inc.

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