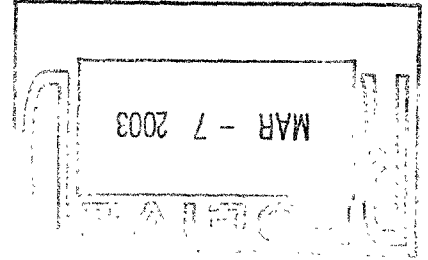




Quality Health From God's Pharmacy

February 25, 2003

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



Re: Structure/Function Label Claim

This letter is to notify the Food and Drug Administration that within the past 30 days our company has begun to market **Udo's Choice High Lignan Oil Blend** Dietary Supplement, with the following statement(s) of nutritional support included on the label and in labeling for the product:

1. Lignans can be used as part of your diet to help maintain the body's normal hormone levels, support the immune system, and maintain healthy blood sugar levels.

The dietary ingredients of the product that are the subject of the above statement are: Flax oil, sunflower oil, sesame oil, fiber blend (flax, sunflower, sesame, rice, oat), medium chain triglycerides, rice germ and bran oil, evening primrose oil, soy lecithin, oat germ and bran oil, tocotrienols.

It is hereby certified that the information in this notification is complete and accurate, and that our company has substantiation that the above statement(s) is truthful and not misleading.

Very truly yours,

Flora, Inc.

Janet Sperry  
Compliance Coordinator  
Labels & Packaging

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Flora, Inc.

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