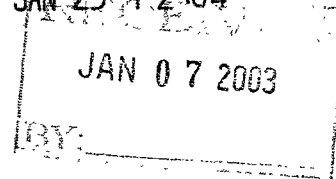




We Make Quality Affordable

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December 16, 2002

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

Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of Relora, a dietary supplement.

Statements being made in the labeling of Organic Relora, 300 mg Caps

(1) Chronic stress has been found to be an important contributing factor in abdominal obesity. NOW Relora is a safe, non-sedating formula that can help to alleviate symptoms associated with stress such as nervous tension, irritability, concentration difficulties, and occasional sleeplessness. The relaxing effect of Relora can thereby help to control stress-related eating, aiding in weight control. NOW Relora is an all-natural proprietary blend of plant extracts from *Magnolia officinalis* and *Pellodendron amurense* that is not habit-forming.

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

Jim Roza
Director, Quality Assurance
NOW Foods
395 S. Glen Ellyn Rd.
Bloomington, IL 60108

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