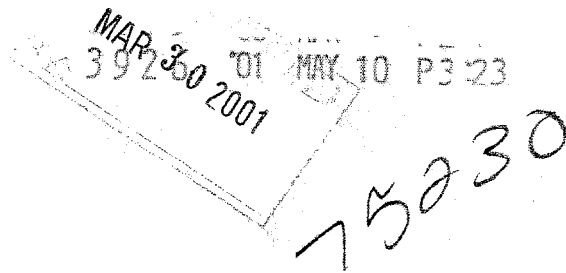


March 23, 2001

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 Freeze Dried Stinging Nettles, a dietary supplement. It contains organically cultivated freeze dried stinging nettles. Planetary Formulas is the manufacturer of Freeze Dried Stinging Nettles.

Statements being made in the labeling of Freeze Dried Stinging Nettles:

- (1) When carefully freeze dried, additional properties are preserved which support the respiratory system.
- (2) In vitro research of these constituents show partial inhibitory effects on the biosynthesis of arachidonic acid and leukotrienes.
- (3) Herbal respiratory support.
- (4) To support respiratory and sinus health, drink plenty of pure water, avoid molds, pollen, and animal hair, and supplement with vitamins A and C with bioflavonoids.

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, Planetary Formulas 975 0162

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