

EFATMsense

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The sensible way to get your EFAs

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March 23, 2001

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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 Sir or Madam,

Notice is hereby given pursuant to the requirement 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 EFATMsense Ltd., 5 Crescent Hill Drive South, Brampton, ON L6S 2P2 within the past 30 days commenced marketing dietary supplements bearing the following statement(s) on the label and/or in the labeling:

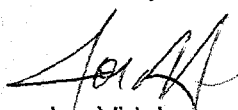
Text of Claim: The natural choice for PMS. PremenefaTM is a unique, clinically tested formula for premenstrual syndrome (PMS) for which there is a patent pending. PremenefaTM is a synergistic blend of essential fatty acids from borage and flax oils, along with bioflavonoids, cramp bark, chaste berry and vitamin E. This formula is designed to help maintain hormonal balance throughout the month. A placebo-controlled clinical trial showed that PremenefaTM may alleviate minor PMS symptoms such as cramping, breast tenderness, bloating, minor mood swings, irritability; low energy, lack of concentration, fatigue, and cravings. On average, symptoms were reduced 67% after 3 months of supplementation.

Name of ingredient(s) that is subject of claim: Borage Seed Oil, Flax Seed Oil, Cramp Bark Extract, Bioflavonoids, Chaste Berry Fruit Extract, Vitamin E

Name of supplement (including brand name): EFATMsense PremenefaTM

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

Sincerely,


Joe Vidal
Director

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