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June 10, 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 Blessed Thistle, 475 mg Caps, a dietary supplement.

Statements being made in the labeling of Blessed Thistle

- (1) Blessed thistle (*Cnicus benedictus*) is an herb native to Europe and parts of Asia, but is now also commonly cultivated in North America. Because of its bitter properties, Blessed Thistle has traditionally been used as a digestive tonic as well as to stimulate a poor appetite.

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  
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