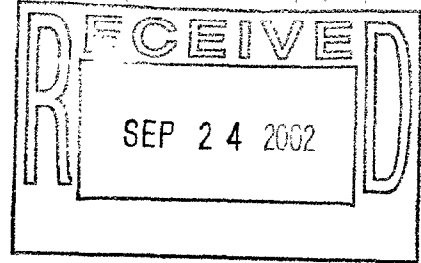




90 Orville Drive, Bohemia, NY 11716-2510 ■ Phone: (631) 567-9500 ■ Fax: (631) 218-7480

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Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

September 17, 2002

Dear Sir or Madam:

This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Estro Balance supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Herbal Authority, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

Ingredients: Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B-6, Folic Acid, Vitamin B-12, Calcium, Selenium, Boron, Soy Isoflavones, Kava Kava, Black Cohosh.

- For Hot Flash and Night Sweat Relief
- Estro Balance contains key ingredients to address the midlife changes that occur in a woman's body around the time of menopause.
- Both Soy and Black Cohosh help alleviate hot flashes, night sweats and sudden mood changes associated with midlife.
- Vitamin E and Folic Acid support heart health while the B vitamins promote energy metabolism.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Joanne DeCandia
Joanne DeCandia, MS, RD
Director of Nutrition Communications

JD/je

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