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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

July 30, 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 Xtreme Lean™ PM and Xtreme Trim™ PM 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, 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 B-6, Chromium, Valerian, Hops, Passionflower, Chamomile, Lemon Balm.

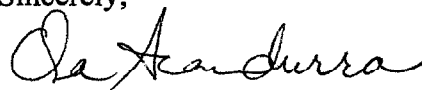
- Enhances Diet
- Promotes Sugar and Fat Metabolism
- Promotes Relaxation
- With the popularity of Ephedra supplements, you often need a product to help promote relaxation.
- Xtreme Lean™ PM/Xtreme Trim™ PM is a scientifically designed, stimulant-free formula designed to promote a calm, restful feeling.
- Designed to be used in conjunction with other Xtreme Lean™/Xtreme Trim™ products, Xtreme Lean™ PM/Xtreme Trim™ PM promotes metabolic efficiency while helping to support tranquility.

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

Sincerely,

A handwritten signature in black ink, appearing to read "Ona Scandurra". The signature is fluid and cursive, with the first name being more prominent.

Ona Scandurra, MS, RD

Director of Nutrition Communications

OS/js