

NOTIFICATION PURSUANT TO
SECTION VI OF DSHEA

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In compliance with Section VI of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® Knock-Out, Product #12782** bearing the statement(s) set out below:

Weider Nutrition International Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure/function claim is as follows:

Packaging:

(Statement 1) Supports relaxation and normal sleep patterns.

(Statement 2) Knock-Out contains melatonin, the hormone in the brain believed to maintain regular sleeping patterns. Schiff has added Valerian extract and theanine, found in green tea, for their calming properties.

Website:

(Statement 1) Melatonin is released into the blood stream by the pineal gland (which resides in the brain) to set your body's biological clock and initiate sleep. Melatonin helps to promote healthy sleep patterns. Melatonin also protects cells from free radical damage, and directs the release of growth and sex hormones. Theanine is believed to be the primary component of green tea that provides a relaxing effect. Oral doses of 50 and 200 mg of theanine given to healthy volunteers promoted alpha brain wave production. Theanine helps to induce a state of calm relaxation. Valerian is known for its calming effects, and also used as a sleep aid. Melatonin, theanine and valerian extracts all interact with the GABA receptor.

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I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc., am authorized to certify this Notification on behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 3rd day of July, 2002

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI
Vice President of Research