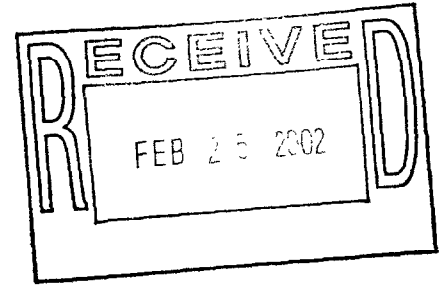




The Future in Natural Foods

4002 ...



December 15, 2001

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 Herbal PMS Formula, a dietary supplement.

Statements being made in the labeling of Herbal PMS Formula

- (1) Herbal PMS Formula is an organic kosher dietary supplement specially designed to assist women in dealing with the mild mood changes, cramps and edema associated with the menstrual cycle. Feverfew is a popular herb historically used by many different cultures, and Vitamin B6 is an essential nutrient for nervous system function. Vitamin E is an antioxidant that works synergistically with Magnesium to provide a truly effective support supplement.

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
395 S. Glen Ellyn Rd.
Bloomington, IL 60108

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