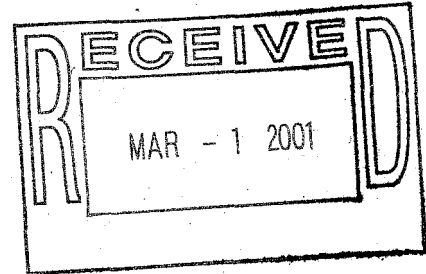


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Partners in Health and Beauty

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204



February 20, 2001

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Ultimate Carb Phaser 1000 Capsules (dietary ingredients: chromium, phaseolamine 2250 (from white kidney bean), Gymnema sylvestre & bis (glycinato) oxovanadium). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Helps inhibit carbohydrate digestion and absorption. Helps maintain healthy glucose levels.

Sincerely,

Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.

97S 0162 LET 7346

180 Vanderbilt Motor Parkway, Hauppauge, New York 11788. 631-232-5400