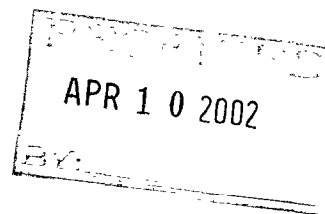


March 22, 2002

UPS 1Z 29E W58 37 1000 766 2
and Regular Mail

Office of Special Nutritionals, HFS-450
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C Street SW.
Washington, District of Columbia 20204



Re: 21 U.S.C. Section 343 (r) (6), Notification of Statements on Dietary Supplements

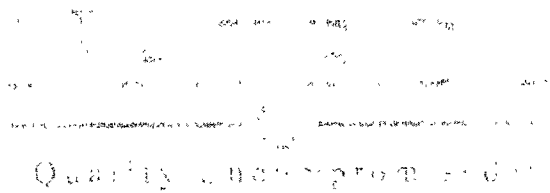
Dear Sir or Madam:

On behalf of Natrol, Inc., I hereby notify the Food and Drug Administration of the use of statements of nutritional support for the following dietary supplement products:

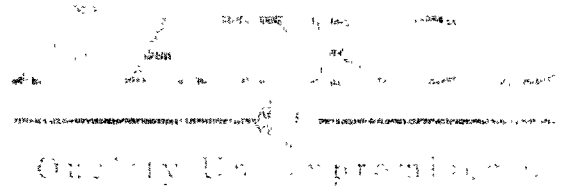
Acidophilus	By taking Acidophilus each day, you can maintain nutritional balance, environmental factors, and the stress of day-to-day life by: Maintaining a healthy balance of "friendly" bacteria on your digestive system. Supports digestive health & function. Helps with lactose intolerance. Promotes Digestive Health
B-100 Complex	Stress Support
Beta Sitosterol	Beta Sitosterol, also known as Phytosterols, have shown efficacy in maintaining cholesterol levels that are already within a normal range when combined with a low fat diet and regular exercise.
Borage Oil	Promotes Cardiovascular health by incorporating the "good fats" found in Borage Oil. Supports Cardiovascular Health
CoEnzyme Q-10	Promotes Energy Production in Heart
Fat Intercept	Taken one minute before meals, Fat Intercept Plus goes to work to prevent absorption of up to several times it's weight in fat. The Ultimate Fat Blocker
GINKGO BILOBA	This ensures that you benefit from the many health-promoting properties such as improved circulation, sexual function and maximized mental focus and clarity.
GoldenSeal	Immune Support

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- Hot Flashex Vitamin E and Calcium to meet the changing nutritional needs of women throughout all stages of life. Provides: Black Cohosh for hormonal support
Vitamin E to provide antioxidants. Chamomile to help calm and relieve stress.
- Omega-3 Increasing research reveals the health-promoting properties of Omega-3 fatty acids- EPA and DHA- in supporting a healthy cardiovascular system.
Promotes Cardiovascular Health.
- PC Care Through several metabolic pathways this product is designed to provide key support for optimal prostate health. Advanced Prostate Health
- SelenoExcell Selenium is an essential mineral which provides potent antioxidant activity. Maintain Healthy Colon, Lung & Prostate Functions
- Siberian Ginseng Siberian Ginseng enhances physical and mental resistance to environmental stress, while fortifying general endurance.
More Energy
- Vitamin E Natural Vitamin E preserves the integrity of cellular membranes throughout the body by scavenging free radicals that break down membrane lipids.
Antioxidant Protection for Heart and Brain.
- Alpha Lipoic Acid Alpha Lipoic Acid is a powerful antioxidant. Natrol's Alpha Lipoic Acid helps protect the body from exercise and age related oxidative damage. Another amazing property of Alpha Lipoic Acid supplementation is it's unique ability to support glucose uptake by cells.
Antioxidant Support
- The Ultimate AntiOxidant Formula The Ultimate AntiOxidant Formula
- Effervescent Calcium plus Vitamin D Also included in this formula is Vitamin D to assist in the absorption of calcium.
For Superior Bone Health
- Carb Intercept Carb Intercept is a highly effective carbohydrate inhibitor, preventing carbs from breaking down, converting to glucose, and being stored as fat. Works by "intercepting" digestive enzyme Alpha-Amylase and Alpha-Glucosidase.
Intercepting these enzymes prevents carbohydrates, including table sugar, from being metabolized and possibly converting to fat.
Each two capsules may "intercept" 35 – 45 calories per meal. First weight loss supplement with sugar blocking ingredient Inosine. The Ultimate Carb Blocker
- CitriMax Plus with ChromeMate Natrol's CitriMax Plus offers a unique combination formula to support weight management.
Weight Management



- | | |
|-------------------------------|---|
| Natrol Complete Balance | Natrol Complete Balance PM Formula helps reduce night sweats and assists in getting a good nights rest.
Natrol Complete Balance AM Formula helps alleviate hot flashes and provides mood support. |
| DHA Neuromins | This distinct Omega-3 Fatty Acid is vital for fetal development and cerebral functioning.
Brain Support |
| Digest Support | Helps maintain a healthy digestive tract. |
| Dry Mouth Relief | Enhances and helps promote normal salivary function
Promotes oral comfort |
| Echinacea Goldenseal | Immune Support |
| Ester-C Effervescent | Can help meet your daily needs of Vitamin C. Contains metabolites that may enhance the delivery of essential Vitamin C to the cells of the body. |
| Ester-C Boost | Vitamin C is a key antioxidant to fight free radical stress. Vitamin B12 is an essential nutrient involved in the metabolism of energy producing carbohydrates & fatty acids. |
| Fiberlicious | Promotes Regularity
Helps maintain cholesterol levels that are already within normal range. |
| 5-HTP | Natrol's 5-HTP works naturally by increasing your body's own serotonin levels which play a key role in controlling appetite and enhancing mood. Natrol's 5-HTP will help you control your weight while maintaining a positive, healthy outlook.
Promotes Balanced Serotonin Levels |
| Flax Seed Oil | Supports Cardiovascular Health
Heart Health |
| Folic Acid | Folic Acid is a critical nutrient for women of childbearing years. Folic Acid is also an essential vitamin important in maintaining heart health & fetal development. |
| Ginger Root | Helps support the stomach & digestive system. |
| Glucosamine Chondroitin & MSM | Natrol has combined three of the best Joint Health ingredients to give your joints a rest. First, Glucosamine has been shown to repair and regenerate cartilage tissue. Second, Chondroitin helps promote lubricating fluids for your joints and cartilage. Third, our patented MSM helps maintain elasticity of joint tissues. 1...2...3...useful ingredients for promoting flexibility, mobility, and of course, comfort.
Supports Joint Flexibility and Comfort |

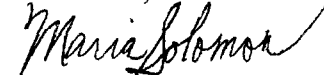
- Laxativ-a-Tea Laxativ-a-Tea helps you regain your regularity in a relaxing and flavorful way. The active ingredient in Laxativ-a-Tea is Senna, a well known herb used to deliver gentle relief and support the body's regular bowel function for hundreds of years in traditional Asian and European herbal medicines.
- Memory Complex Natrol's Memory Complex is a unique formulation designed to provide the most cutting edge nutrients to help maximize brain function. This scientific brain support formula includes important compounds such as Phosphatidyl Serine, key to neural support communication. Central to the power of this formula is Vinpocetine, from the periwinkle plant, and Huperzine-A, herbal extracts that help to maintain overall mental capacity and neural support. Ginkgo Biloba is added to support energy levels and maximum circulation.
Memory Complex
Formulated to Assist Mild Memory Problems Associated with Aging.
- MetaboFirm MetaboFirm is formulated to create a thermogenic response which in turn raises energy levels and speeds up metabolism. Along with an appropriate diet and exercise, MetaboFirm may help you achieve your weight loss goals.
Enhance Your Diet and Provide Energy
- Skin-Hair-Nails A Strengthening & Nourishing Formula
- XetaSlim XetaSlim is formulated to create a thermogenic response which in turn raises energy levels and speeds up metabolism. Along with an appropriate diet and exercise, XetaSlim may help you achieve your weight loss goals.

Please be advised that the label of each of the above dietary supplement products includes the statement that "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease."

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. Natrol, Inc. possesses substantiation that the statements are truthful and not misleading.

Sincerely,

NATROL, INC.



Maria Solomon
Legal Assistant

MS/abs
FDA-004

cc: Elliott Balbert, President/CEO
Laura Moore, Corporate Secretary