

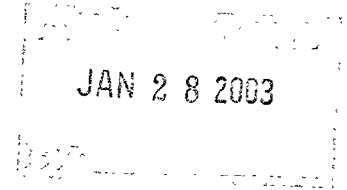


Golden Temple of Oregon, Inc.
2545-A Prairie Rd., Eugene, Oregon 97402
Tel.: 541-461-2160 Fax: 541-461-1633

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Date: 1/21/03

Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740



This certification is filed in accordance with the Food and Drug Administration regulation 21 C.F.R. 101.93 (a) (3).

I certify that the information in the attached notification is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

By 
Guru Hari S. Khalsa

Director Technical Services

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Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

NOTIFICATION OF STATEMENTS
OF NUTRITIONAL SUPPORT

This notification is filed by Golden Temple of Oregon, Inc., 2545-A Prairie Road, Eugene, Oregon 97402, pursuant to section 403(r)(6) of the Federal Food, Drug, and Cosmetic Act, 21 U.S.C § 343(r)(6).

Name of Dietary Supplement

Bedtime TM

Name of Dietary Ingredients

Valerian Root Extract, Passion Flower Extract
Organic Licorice Root, Organic Spearmint Leaf,
Organic Chamomile Flower, Organic Skullcap Leaf,
Organic Cardamom Seed, Organic Cinnamon Bark,
Organic St. John's Wort Leaf & Flower, Organic Rose Hips
Organic Raspberry Leaf, Organic English Lavender Flower
Stevia Leaf

Statements of Nutritional
Support for the Dietary Supplement

1. Promotes Restful Sleep and Relaxation
2. This tea is also enhanced with Skullcap, which has, scutellarian, a plant compound that has been shown to reduce anxiety.
3. St. John's wort is well known for its positive effects on mood, while Passion Flower, a Native American herb containing the naturally-occurring chemical chrysin, a flavonoid, has been shown to help reduce nervousness and anxiety.
4. Valerian (*Valeriana officinalis*) and other calming herbs included in this organic formula have been used for centuries to promote sleep without the risk of a morning "hangover" that can sometimes result from the use of drug products.

5. This healing formula also includes Chamomile (*Matricaria recutita*), which has been used for years by Western herbalists to soothe and relax and for its effectiveness in combating nervousness and restlessness.

* * * * *

Name of Dietary Supplement

Breathe Deep®

Name of Dietary Ingredients

Ephedra Twig, Organic Licorice Root, Organic Eucalyptus Leaf, Organic Basil Leaf, Organic Ginger Root Organic Cinnamon Bark, Elecampane Root, Organic Peppermint Leaf, Organic Cardamom Seed, Organic Mullein Leaf

Statements of Nutritional Support for the Dietary Supplement

1. Promotes Clear Breathing Passages, Nourishes Lung Tissue;
2. Breathe Deep® tea is an Ayurvedic blend of herbs and spices formulated to enhance healthy breathing.
3. Not only does Breathe Deep® promote balanced and easy breaths, but it also aids in countering many of the negative effects that stress, pollution and poor breathing habits have on the respiratory system.
4. This healing formula utilizes East Asian Ephedra (*Ephedra sinica*), an herb which, for some five thousand years, has been used to promote bronchial function.
5. We have also included organic Australian Eucalyptus (*Eucalyptus globulus*) and Elecampane (*Inula helenium*), pungent herbs that clear the mucous membranes and are beneficial to total respiratory health.
6. Basil is a warming adaptogenic herb traditionally used to support the respiratory system and help the body adjust to stress; and Ginger Root soothes the stomach and aids with digestion.
7. The formula is enhanced with Mullein, a cooling herb soothing to the mucous membranes.

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Name of Dietary Supplement

Calming™

Name of Dietary Ingredients

Passion Flower Extract, Organic Licorice Root, Organic Chamomile Flower, Bacopa Leaf (Gotu Kola), Organic Hibiscus Flower, Organic Fennel Seed, Organic Lemon Grass, Organic Cardamom Seed, Organic Orange Peel, Organic Rose Hips, Organic English Lavender Flower

**Statements of Nutritional
Support for the Dietary Supplement**

1. Helps Reduce Tension and Anxiety;
2. We have also included Hibiscus Flower, which helps cool the body, and Fennel Seed, which aids in calming the muscles, improving digestion and calming flatulence and stomach troubles.
3. Calming™ is a safe and time-tested Ayurvedic formula designed to ease stress and tension, encouraging a state of relaxed alertness without drowsiness.
4. supports, soothes and rejuvenates the nerves;
5. it is a popular antispasmodic and mild anti-irritant;
6. this leaf [Bacopa] is also known as a cardi tonic that scientific studies have shown to be particularly effective in boosting cognitive functions and calming over-active children;
7. a healing nerve tonic that helps promote blood flow, supports the nervous system and has been shown to boost the memory.
8. Lemon Grass is also included in this formula, as it is a popular antispasmodic and mild anti-irritant.
9. Chamomile has been used as a calming agent for centuries and is widely regarded for the way in which it helps compose the mind and cool the body.
10. Calming tea will help you stay calm throughout the day.

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Name of Dietary Supplement

Winter Relief™

Name of Dietary Ingredients

Organic Ginger Root, Organic Licorice Root, Organic Eucalyptus Leaf, Organic Orange Peel, Organic Valerian Root, Organic Lemon Grass, Organic Peppermint Leaf, Organic Basil Leaf, Organic Cardamom Seed, Organic Oregano Leaf, Organic Black Pepper, Organic Clove Bud, Organic Parsley Leaf, Organic Yarrow Flower, Organic Cinnamon Bark

**Statements of Nutritional
Support for the Dietary Supplement**

1. This warming formula includes Ginger, Cardamom, Clove, and Indonesian Cinnamon, all of which are regarded by practitioners of Ayurvedic medicine as "heating" herbs, commonly used to support nasal and bronchial function.

2. We have also included Eucalyptus (*Eucalyptus globulus*) and Basil (*Ocimum basilicum*) to help promote free breathing, as well as Lemon Grass, one of the best herbs for promoting healthy sinus function.
3. Our blend is augmented with Licorice, a widely used herb in traditional Chinese medicine, well-known for coating and soothing membranes and supporting adrenal function.
4. The German Commission E (1998) reports that Peppermint, Licorice and Eucalyptus are approved for use to soothe the membranes of the respiratory tract.
5. supports nasal and respiratory functions.

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Name of Dietary Supplement

Computer De–Stress®

Name of Dietary Ingredients

Eyebright Leaf, Organic Ginger Root, Organic Peppermint Leaf, Organic Spearmint Leaf, Organic Ginkgo Leaf, Oat Straw (*Avena sativa*), Organic Basil Leaf, Organic Echinacea Root, (*Angustifolia*, *Purpurea*, *Pallida*), Bacopa Leaf (Gotu Kola), Kelp Leaf, Stevia Leaf

Statements of Nutritional Support for the Dietary Supplement

1. Eases Eyestrain and Brain Fatigue;
2. Computer De-Stress™ tea helps you cope with workplace stress by helping to maintain general eye health, calm nerves and aid cognitive functions.
3. Eyebright, long recognized for its eyesight-enhancing properties, completes this special formula.
4. Our healing formula uses Gotu Kola, an herb that has been used for centuries to support the nervous system and improve the memory. It is also regarded for its cardiogenic and sedative effects, helping to promote calm and relieve common work-related stress.
5. Recent scientific studies have demonstrated that Gotu Kola can improve cognitive functions by calming a particularly active mind.
6. Oat Straw is considered one of the best herbal remedies to “feed” a stressed nervous system, and is used to calm an overworked brain and ease anxiety and worry.
7. Our organic Ginkgo Leaf (*Ginkgo biloba*) has been shown to be quite effective in stimulating cerebral circulation, thereby refreshing the brain.
8. to ease workplace stress, and give your body a better chance of staying healthy.

Name of Dietary Supplement	DeTox™
Name of Dietary Ingredients	Jamaican Sarsaparilla Root, Organic Cinnamon Bark, Organic Licorice Root, Organic Ginger Root, Organic Burdock Root, Organic Dandelion Root, Organic Cardamom Seed, Organic Juniper Berry, Organic Black Pepper, Organic Clove Bud, Long Pepper Berry, Chinese Amur Cork Tree Bark, Japanese Honeysuckle Flower, Forsythia Fruit, Gardenia Flower, Skullcap Root, Black Cohosh Root, Chinese Goldenthread Root, Rhubarb Root, Wax Gourd, Asian Psyllium Seed

Statements of Nutritional Support for the Dietary Supplement

1. Promotes Healthy Liver and Kidney Function;
2. Both organic Burdock (*Arctium lappa*) and organic Dandelion (*Taraxacum officinale*) work together in this tea to facilitate the elimination of toxins.
3. DeTox™ is a gentle way of combating this condition [“feeling backed up”] as it helps the body to clean itself out by aiding the two primary filtering mechanisms, the liver and the kidneys.
4. Juniper Berry supports kidney function, while the most famous Ayurvedic cleansing blend, called “trikatu” (Ginger, Black Pepper and Long Pepper), is a mild warming formula, suitable for everyone.
5. DeTox™ tea cleanses us of toxins that undermine our bodies’ natural ability to ward off illness.
6. Drinking DeTox™ tea aids our health by eliminating toxins that build up, weakening our body’s natural ability to fight off imbalances.

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Name of Dietary Supplement	Echinacea Immune Support™
Name of Dietary Ingredients	Echinacea Purpurea Root Extract, Phenols (4%), Organic Echinacea Root , (<i>Angustifolia</i> , <i>Purpurea</i> , <i>Pallida</i>), European Elder Berry Extract, Anthocyanins (30%), Organic Peppermint Leaf, Organic Lemon Grass, Organic Licorice Root, Organic Cinnamon Bark, Organic Fennel Seed, Organic Spearmint Leaf, Organic Cardamom Seed, Organic Rose Hips, Organic Ginger Root, Stevia Leaf, Organic Burdock Root, Organic Mullein Leaf, Organic Clove Bud, Astragalus Root Extract, Organic Black Pepper

**Statements of Nutritional
Support for the Dietary Supplement**

1. Immune System Boost;
2. Health practitioners for centuries have respected the powers of Echinacea, an herb that supports the body's natural defense system by stimulating production of immune system proteins, interferons, that regulate normal immune response.
3. To support sinus function and promote clear breathing passages, Peppermint and Lemon Grass are included.
4. Induces Interferon Production, When Needed.
5. these [plant compounds] work together to stimulate the body's immune system;
6. This blend is complemented with Astragalus, a stamina-enhancing tonic that also boosts long-term immune function, and European Elder Berry, which is immune-enhancing and supports respiratory function.
7. Echinacea Immune Support™ strengthens our immune system and makes us less vulnerable.

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Name of Dietary Supplement

Fasting™

Name of Dietary Ingredients

Garcinia (Cambogia) Fruit Extract, Organic Fennel Seed, Organic Licorice Root, Organic Cinnamon Bark, Organic Red Clover Flower, Organic Alfalfa Leaf, Bacopa Leaf (Gotu Kola), Organic English Hawthorn Berry, Organic Cardamom Seed, Organic Ginger Root. Organic Burdock Root, Organic Dandelion Root, Yellow Dock Root, Organic Clove Bud, Organic Black Pepper

**Statements of Nutritional
Support for the Dietary Supplement**

1. Helps Suppress the Appetite; Supports Liver Function;
2. designed to help support a healthy weight loss program as it aids digestive functions, supports the metabolism and encourages internal cleansing.
3. This comprehensive Ayurvedic formula is designed to promote healthy functioning of the stomach and intestines, and to help you feel more energetic while you lose weight.
4. help promote circulation; tonic; blood purifier
5. can aid the body in the elimination of wastes that are known to slow the metabolism.
6. This naturally occurring substance [Hydroxycitric acid found in Garcinia Fruit] has been shown to

simultaneously suppress the appetite, help reduce fats and cholesterol in the liver and disrupt the process by which the body stores excess calories as fat.

7. Finally, we've included Burdock, Dandelion and Yellow Dock Roots, all used by European herbalists for centuries to support the liver in eliminating toxins.

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Name of Dietary Supplement

Get Regular®

Name of Dietary Ingredients

Organic Senna Leaf, Organic Peppermint Leaf, Organic Anise Seed, Yellow Dock Root, Stevia Leaf, Organic Dandelion Root, Rose Petal, Organic Licorice Root, Organic Coriander Seed, Celery Seed, Amla Fruit (Amalaki), Belleric Myrobalan Fruit (Bibhitaki), Chebulic Myroblan Fruit (Haritaki), Organic Cardamom Seed, Organic Cinnamon Bark, Organic Ginger Root, Organic Clove Bud, Organic Black Pepper

Statements of Nutritional Support for the Dietary Supplement

1. Relieves Occasional Constipation, Aids Digestion;
2. This herbal laxative tea contains Senna Leaf (Senna alexandrina), which has been used for centuries in India, Europe and the Middle East as a respected relief for occasional constipation.
3. Senna is one of many well-known laxatives that contain anthraquinone compounds which rouse the intestines to action, promoting them to expel their contents.
4. This complete formula also includes Peppermint to help speed digestion; Licorice to soothe and coat the bowels, allowing for easier movement; Triphala, a blend of three herbal berries (Amla, Bibhitaki, and Haritaki Fruits), which has been used in Ayurvedic recipes for thousands of years, to tone and rejuvenate the eliminative functions; and Yellow Dock and Dandelion to help the liver to release more bile, assisting in the bowel urge.
5. Our formula includes Anise, Cardamom and Ginger which can help alleviate gas and balance the effects of Senna.
6. improves both digestion and elimination and supports a cleansing program.

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Name of Dietary Supplement

Ginger

Name of Dietary Ingredients

Organic Ginger Root, Organic Lemon Grass, Organic Licorice Root, Organic Peppermint Leaf, Organic Black Pepper

Statements of Nutritional Support for the Dietary Supplement

1. Improves Digestion, Warms and Enhances Circulation;
2. Ginger (*Zingiber officinale*) has been used worldwide as a safe and mild home remedy for a variety of conditions, including motion sickness, occasional upset stomach and intestinal gas, as well as minor menstrual cramps.
3. As a natural warming energizer, Ginger is also known to support the immune system, promote rapid and complete digestion and increase intestinal tone and peristalsis.
4. Furthermore, it works as an antioxidant and has been shown to safely and effectively relieve nausea associated with motion.
5. Ayurvedic practitioners have used Ginger for years as a way of activating the body's fire element (Agni), which burns up Ama (the body's toxins, comprised of both undigested food and naturally occurring toxins).
6. An upset stomach is often caused by indigestion, and ginger has the amazing ability to remedy it.

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Name of Dietary Supplement

Ginkgo IQ™

Name of Dietary Ingredients

Organic Ginkgo Leaf, Ginkgo Leaf Extract, Flavone Glycosides (24%), Organic Lemon Grass, Organic Licorice Root, Organic Peppermint Leaf, Organic Spearmint Leaf, Organic Basil Leaf, Bacopa Leaf (Gotu Kola), Lemon Peel, Organic Cinnamon Bark, Amla Fruit (Amalaki), Chebulic Myrobalan Fruit (Haritaki), Belleric Myrobalan Fruit (Bibhitaki), Organic Ginger Root, Organic Cardamom Seed

Statements of Nutritional Support for the Dietary Supplement

1. Enhances Mental Performance and Memory;
2. to enhance mental performance and help fight the effects of aging.
3. Our formula is augmented with a traditional Ayurvedic herb blend, Triphala (Amla, Haritaki and Bibhitaki Fruits), a revitalizer and rejuvenator; and Gotu Kola, a favorite for supporting mental alertness and concentration.

4. Because it acts as an antioxidant, this herb can help prevent weakening caused by free radicals and thus support the anti-aging process, especially in the cardiovascular and central nervous systems.
5. Recent scientific research has shown that Ginkgo helps stimulate cerebral circulation by refreshing brain cells with an abundance of blood and oxygen.
6. Furthermore, it has been shown to help protect cells, especially those of the nervous system.
7. The flavone glycosides present in Ginkgo, including the well-known bioflavonoids quercetin and kaempferol, have been shown to improve absentmindedness and mild memory loss associated with aging.

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Name of Dietary Supplement

Ginseng Royal Vitality™

Name of Dietary Ingredients

Ginseng-Eleuthero Extract, (Panax ginseng, Panax quinquefolium, Eleutherococcus senticosus), Dong Quai Root Extract, Lingustilides (1%), Astragalus Root Extract, Organic Cinnamon Bark, Jamaican Sarsaparilla Root, Organic Licorice Root, Organic Ginger Root, Organic Ginseng (Panax) Root, Fo-Ti Root, Organic Alfalfa Leaf, Organic Black Pepper, Organic Hibiscus Flower

Statements of Nutritional Support for the Dietary Supplement

1. Supports Increased Stamina and Mental Clarity;
2. help restore mental alertness and physical vitality;
3. A favorite herb in Asia where it is often used to increase sexual energy.
4. for improving physical and mental performance, shortening reaction time and enhancing the mood;
5. Not only can this popular root help you to feel more energized by stimulating the central nervous system, but Ginseng also encourages gastrointestinal movement and tone.
6. Ginseng has been shown to increase iron metabolism, causing changes in the biosynthesis of the nucleic acids and helping to improve the body's use of oxygen.
7. specially designed to boost mental and physical energy for both men and women;
8. to help people maintain general health, increase mental clarity and improve stamina;
9. Our formula also includes Eleuthero, which continues to be popular among Russian Olympic athletes for its potential to increase stamina.

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Name of Dietary Supplement

Head-Aid®

Name of Dietary Ingredients

Organic Feverfew Leaf, Feverfew Leaf Extract, Organic Green Tea Leaf, Organic Lemon Grass, Organic Peppermint Leaf, Organic Fennel Seed, Organic Rosemary Leaf, Stevia Leaf

Statements of Nutritional Support for the Dietary Supplement

1. Head Relaxer and Soother; Supports Circulation to the Head;
2. Head-Aid® tea is specially formulated to aid blood circulation to the head and to support the body's natural ability to reduce stress.
3. Our healing formula also helps the body maintain normal blood vessel tone and promote cerebral well-being.
4. Consequently, it is especially effective at easing conditions that leave a person sensitive to sound and light.
5. Traditional European herbalism has used this herb [Feverfew] to relieve various minor pains and common symptoms associated with PMS, including menstrual cramps.
6. We have added Rosemary (*Rosmarinus officinalis*) to help support the circulatory system and soothe the nervous system.
7. A strong blood supply to the brain can also help eliminate minor pain and discomfort, and Head-Aid® is the right tea for the task.
8. For Menstrual Troubles;
9. experience the benefits of improved circulation to the head.

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Name of Dietary Supplement

Joint Comfort™

Name of Dietary Ingredients

Yucca Root Extract, Cat's Claw Bark Extract (*Uncaria tomentosa*), Phenols (15%) Alkaloids (3%), Devil's Claw Root Extract, Organic Lemon Grass, Organic Peppermint Leaf, Organic Decaffeinated Green Tea Leaf, Alfalfa Seed, Organic Turmeric Root, Celery Seed, Organic Spearmint Leaf

**Statements of Nutritional
Support for the Dietary Supplement**

1. Natural Joint Support; Eases Joints and Promotes Free Movement;
2. formulated to comfort the joints naturally;
3. Yucca Root (*Yucca baccata*), a Native American herbal remedy, has been used for thousands of years for its joint-supporting abilities.
4. We have included Cat's Claw (*Uncaria tomentosa*), an antioxidant and powerful balancer of the immune system used for centuries by the Ashanica Indians of South America for its healing properties.
5. Devil's Claw (*Harpagophytum procumbens*), an herb from Africa, also has an established reputation for providing comfort to the joints.
6. move more freely throughout your day.

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Name of Dietary Supplement

Kava Stress Relief™

Name of Dietary Ingredients

Kava Root Extract, Kavalactones (30%), Organic Carob Pod, Jamaican Sarsaparilla Root, Organic Cinnamon Bark, Organic Ginger Root, Organic Cardamom Seed, Stevia Leaf

**Statements of Nutritional
Support for the Dietary Supplement**

1. Eases Tension and Reduces Stress;
2. Kava Stress Relief™ helps you calm down as it relieves stress, anxiety and minor pain, as well as lending gentle support to the digestion and the kidneys.
3. used and cultivated for its ability to calm the body and mind, and encourage a good night's sleep;
4. A powerful antispasmodic, this herb promotes a state of "relaxed unconcern" while compromising neither mental functions nor clarity of thought when used appropriately.
5. Natural anxiety relief; alleviating anxiety;
6. Furthermore, Kava has been shown to relax the uterus and relieve menstrual cramps and minor menopausal symptoms.
7. for minor anxiety, stress, restlessness, muscle tension and mild pain.

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Name of Dietary Supplement

Lemon Ginger

Name of Dietary Ingredients

Organic Ginger Root, Organic Lemon Grass, Lemon Peel, Organic Licorice Root, Organic Black Pepper, Organic Peppermint Leaf

Statements of Nutritional Support for the Dietary Supplement

- 1. Eases Occasional Indigestion and Gas, Enhances Circulation**
- 2. Lemon Ginger tea is a special healing formula designed to aid digestion, ease upset stomach and provide a caffeine-free pick-me-up.**
- 3. Ginger (Zingiber officinale) has been used for centuries to treat minor stomach ailments, warm the metabolism and reduce nausea associated with motion.**
- 4. formulated to boost digestion and circulation;**
- 5. Our formula is augmented with Licorice, to support the adrenals and enhance the effectiveness of other healing herbs; Peppermint, to help with digestion and reduce gas; and Black Pepper, a powerful detoxifier.**
- 6. digestive aid; stimulates the appetite;**
- 7. promotes the secretion of digestive juices;**
- 8. An upset stomach is often caused by indigestion, and ginger has the amazing ability to remedy it.**

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Name of Dietary Supplement

Peach DeTox™

Name of Dietary Ingredients

Organic Cinnamon Bark, Organic Ginger Root, Organic Cardamom Seed, Organic Licorice Root, Organic Orange Peel, Organic Clove Bud, Organic Parsley Leaf, Bilberry Leaf, Cornsilk Stem, Fo-Ti Root, Organic Dandelion Root, Organic Black Pepper, Long Pepper Berry, Chinese Amur Cork Tree Bark, Japanese Honeysuckle Flower, Forsythia Fruit, Gardenia Flower, Skullcap Root, Black Cohosh Root, Chinese Goldenthread Root, Rhubarb Root, Wax Gourd, Asian Psyllium Seed

Statements of Nutritional Support for the Dietary Supplement

- 1. Peach DeTox™ supports normal liver and kidney function by assisting the process by which these organs filter, counteract and eliminate toxins.**
- 2. soothes the urinary tract;**
- 3. cleansing tonic; works to help cleanse your system;**

4. support the body in eliminating excess fluids;
5. supports kidney function;
6. facilitates the elimination of toxins;
7. used to cleanse and rejuvenate the liver and kidneys;
8. a gentle way to help the body to clean itself out by aiding the two primary filtering mechanisms, the liver and the kidneys;
9. When you're feeling a little bloated, this mild but effective blend of herbs will help you revitalize.
10. digestive aid will eliminate toxins and contribute to your regularity.

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Name of Dietary Supplement

Pollen Season™

Name of Dietary Ingredients

Ephedra Twig, Ephedrine alkaloids, Echinacea Purpurea Root Extract, Phenols (4%), Emblic Fruit (Amla) Extract, Tannins (45%), Organic Ginger Root, Organic Licorice Root, Organic Stinging Nettle Leaf, Organic Anise Seed, Elecampane Root, Organic Peppermint Leaf, Organic Skullcap Leaf, Organic Basil Leaf, Organic Orange Peel, Organic Cardamom Seed, Organic Eucalyptus Leaf, Organic Black Pepper

Statements of Nutritional Support for the Dietary Supplement

1. Pollen Season™ is an Ayurvedic blend specially formulated to support respiratory and immune functions.
2. this healing formula helps to keep the sinuses open, healthy and balanced;
3. used in China to temporarily soothe mucous membranes;
4. supporting the respiratory system and helping to maintain free breathing;
5. Our blend is complemented with Amla Fruit, which contains compounds that astringe membranes.
6. Echinacea is included to improve immune response.
7. Our organic Stinging Nettle Leaf (*Urtica dioica*) is known for its cleansing effect.
8. promote normal respiratory function;
9. The Ayurvedic warming herb Basil promotes bronchial balance.
10. promotes immune and lung functions;
11. helps to keep your respiratory system healthy.

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Name of Dietary Supplement

Raspberry Ginger

Name of Dietary Ingredients

Organic Ginger Root, Organic Hibiscus Flower, Organic Licorice Root, Organic Peppermint Leaf, Organic Black Pepper

Statements of Nutritional Support for the Dietary Supplement

1. Not only has it been used for some 5,000 years to relieve upset stomach, intestinal gas and PMS, but it is also quite effective as a mild warming energizer.
2. Ginger is known to support the immune system, promote rapid and complete digestion and increase intestinal tone and peristalsis.
3. Furthermore, it works as an antioxidant and has been shown to safely and effectively relieve nausea associated with motion.
4. Our formula is augmented with Peppermint to help with digestion and reduce gas; Black Pepper, a powerful detoxifier; and Licorice to support the adrenals and enhance the effectiveness of other healing herbs.
5. Ginger is one of the best remedies for overeating and is commonly used in digestive and antacid preparations throughout the world.
6. Digestive Aid;
7. Our formula is augmented with Peppermint to help with digestion and reduce gas; black pepper, a powerful detoxifier, and licorice to support the adrenals and enhance the effectiveness of other healing herbs.
8. to aid digestion and keep you immune system healthy;
9. An upset stomach is often caused by indigestion, and ginger has the amazing ability to remedy it.
10. throat-soothing; another alternative to soothe an ailing throat.

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Name of Dietary Supplement

St. John's Wort Happy Day™

Name of Dietary Ingredients

Organic St. John's Wort, Leaf and Flower, St. John's Wort Extract, Dianthrones (0.3%), Organic Fennel Seed, Organic Cinnamon Bark, Organic Spearmint Leaf, Organic Cardamom Seed, Organic Ginger Root, Organic English Lavender Flower, Organic Fenugreek Seed, Organic Black Pepper, Organic Clove Bud

**Statements of Nutritional
Support for the Dietary Supplement**

1. Herbal Mood Support; Promotes Healthy Emotional Balance
2. St. John's Wort Happy Day™ tea is formulated to lift your mood by easing the stress caused by common everyday exhaustion, nervous tension and frustration.
3. In addition to hypericin and hyperforin, it supplies flavonoids, including quercetin; tannins, such as catechin, an antioxidant; and tissue-stabilizing polyphenols, like caffeic acid. St. John's Wort may be effective in promoting endorphin levels.
4. Our healing formula uses organic St. John's Wort (*Hypericum perforatum*), which has been used as a mild nerve supportive herb for over 2,000 years.
5. The German Commission E (1998) has approved its use for anxiety, common nervous unrest and depressive moods.
6. This herb has been regarded for years by European herbalists for its mild relaxant and sedative effects and for the way it helps relieve emotional imbalances caused by everyday stress and frustration.
7. St. John's Wort acts by preserving mood-regulating hormones in the brain, such as serotonin and norepinephrine.

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Name of Dietary Supplement

Stomach Ease™

Name of Dietary Ingredients

Organic Licorice Root, Organic Cardamom Seed, Organic Fennel Seed, Organic Coriander Seed, Organic Peppermint Leaf, Organic Ginger Root, Organic Black Pepper

**Statements of Nutritional
Support for the Dietary Supplement**

1. Stomach Ease™ is formulated to relieve occasional heartburn and indigestion as it soothes the digestive tract.
2. Made with organic Fennel (*Foeniculum vulgare*), this healing formula provides relief when you are feeling bloated, have an upset stomach or have eaten a little too much.
3. For centuries, Ayurvedic practitioners have used Fennel to increase digestive fire.
4. Our formula also includes Egyptian Licorice to promote mucin, a natural secretion that protects the mucous membranes of the stomach from acids and other digestive juices.

5. Warming herbs such as Cardamom Seed, Coriander Seed, Ginger Root and Black Pepper also support gastrointestinal function as they help reduce gas and move food through the digestive tract comfortably.
6. While Cardamom is especially good for helping the body digest cold and sweet foods, Ginger Root is known for its effectiveness in reducing nausea associated with over-indulgence.
7. Peppermint Leaf is a relaxant for the muscles of the intestinal wall.
8. Minor upset stomach relief; relieves occasional indigestion, heartburn and gas.
9. helps relieve the discomfort of the stomach and intestinal tract.

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Name of Dietary Supplement

Throat Comfort®

Name of dietary Ingredients

Organic Licorice Root, Organic Fennel Seed , Black Cherry Bark, Organic Cinnamon Bark, Organic Orange Peel, Slippery Elm Bark, Organic Cardamom Seed, Organic Ginger Root, Organic Mullein Leaf, Organic Black Pepper, Organic Clove Bud

Statements of Nutritional Support for the Dietary Supplement

see docket
97S-0163

1. Coats and Soothes Irritated Throat;
2. designed to support the respiratory system and soothe mucous membranes in the trachea, irritated by common, everyday stress;
3. Our healing formula is made with Slippery Elm Bark and Mullein, favorite demulcents of Western and European herbalism prized for their mucilage content and usefulness in relieving minor irritation in the mucous membranes of the throat.
4. help suppress spasms and soothe the muscles lining the bronchioles;
5. To support respiratory function, the recipe has also been augmented with organic Licorice (*Glycyrrhiza glabra*) and warming spices.

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Name of Dietary Supplement

Woman's Energy Lift™

Name of Dietary Ingredients

Dong Quai Root Extract, Lingustilides (1%), Organic Ginger Root, Organic Cinnamon Bark, Organic Fennel Seed, Organic Orange Peel, Organic Chamomile Flower,

Jamaican Sarsaparilla Root, Organic Dandelion Root, Organic Juniper Berry, Organic Stinging Nettle Leaf, Organic Black Pepper, Stevia Leaf, Organic Dong Quai Root

Statements of Nutritional Support for the Dietary Supplement

1. Helps Fight Occasional Fatigue and Nourish the Blood;
2. We have also included Dandelion Root and Juniper Berry to help the body properly regulate water.
3. effective in supporting the health of reproductive organs, helping to regulate the menstrual cycle and building all-around health;
4. used for a wide range of female conditions, including minor symptoms of PMS (such as mild mood changes) and menopause (such as hot flashes);
5. helps support overall health and helps the body to detoxify;
6. supports the liver and promotes sexual function and stamina;
7. Daily Woman's Tonic;
8. refresh your body and mind when fatigued;
9. This healing tonic is blended to combat what practitioners of traditional Chinese medicine refer to as "blood deficiency," a condition that often results from stress, poor digestion, or improper eating and health habits.

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Name of Dietary Supplement

Woman's Moon Cycle™

Name of Dietary Ingredients

Black Cohosh Root, Dong Quai Root Extract, Lingustilide (1%), Chaste Tree Berry (Vitex agnus-castus) Extract, Organic Ginger Root, Organic Fennel Seed, Organic Cinnamon Bark, Organic Chamomile Flower, Organic Raspberry Leaf, Organic Cardamom Seed, Organic Juniper Berry, Caraway Seed , Organic Clove Bud, Organic Black Pepper, Organic Parsley Leaf, Saffron Stamen

Statements of Nutritional Support for the Dietary Supplement

1. Woman's Moon Cycle™ offers an easy way to relieve mood swings, cramps and other kinds of uneasiness commonly associated with PMS.
2. help support normal menstruation and alleviate PMS discomfort;

3. Recent clinical research on Chaste Tree Berry indicates its effectiveness in reducing symptoms of pre-menstrual syndrome.
4. Black Cohosh is known to ease a wide variety of hormonal effects and is often used as a glandular tonic.
5. The German Commission E (1998) reports that Raspberry Leaf (*Rubus idaeus*) is often used for menstrual problems and as a skin and blood purifier.
6. with organic Juniper Berry and Parsley Leaf to ease water retention and to promote mineral and hormonal balance;
7. Chamomile Flower has also been included as an aid to relaxation.
8. Natural Menstrual Support.

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Name of Dietary Supplement

Green Tea Rejuvenation™

Name of Dietary Ingredients

Cat's Claw Bark Extract, (*Uncaria tomentosa*), Phenols (15%), Alkaloids (3%), Organic Green Tea Leaf, Organic Lemon Grass, Organic Spearmint Leaf, Kombucha-Pure™ Extract, (Kombucha Culture, Asian Ginseng Root, Licorice Root, White Peony Root, Ginger Root, Eucommia Bark, Cinnamon Bark, Reishi Mushroom, Dong Quai Root, Rehmannia Root, and Lycii Barbarum Fruit)

Statements of Nutritional Support for the Dietary Supplement

1. Supports Anti-Aging Processes and Cell Integrity;
2. Kombucha-Pure™ extract, which can provide a boost to the immune system.
3. can help decrease the degeneration of cell DNA, which may affect memory function;
4. Cell Re-Builder;
5. designed to promote all-around health;
6. Modern science has identified this herb for its anti-aging benefits, as an antioxidant and powerful immune system booster. Cat's Claw is known to promote the production of white blood cells and T4 lymphocytes, the defensive cells of the body.
7. known to help the body fight off imbalances.

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Name of Dietary Supplement

Green Tea Kombucha

Name of Dietary Ingredients

Organic Green Tea Leaf, Organic Lemon Grass, Organic Spearmint Leaf, Kombucha-Pure™ Extract, (Kombucha

Culture, Asian Ginseng Root, Licorice Root, White Peony Root, Ginger Root, Eucommia Bark, Cinnamon Bark, Reishi Mushroom, Dong Quai Root, Rehmannia Root, and Lycii Barbarum Fruit

Statements of Nutritional Support for the Dietary Supplement

1. used to detoxify the body, enhance the immune system, fight fatigue and soothe an upset stomach;
2. Green Tea has excellent antioxidant properties.
3. The recipe is complemented with Spearmint, which can help to relax the body and aid digestion; Licorice Root, to support the adrenals and enhance the effects of other healing herbs; and Dong Quai Root, a well-known tonic.
4. Immune Support.

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Name of Dietary Supplement

Green Tea Decaf Kombucha

Name of Dietary Ingredients

Organic Decaffeinated Green Tea Leaf, Organic Lemon Grass, Organic Spearmint Leaf, Kombucha-Pure™ Extract,(Kombucha Culture, Asian Ginseng Root, Licorice Root, White Peony Root, Ginger Root, Eucommia Bark, Cinnamon Bark, Reishi Mushroom, Dong Quai Root, Rehmannia Root, and Lycii Barbarum Fruit

Statements of Nutritional Support for the Dietary Ingredient

1. Immune Support; Supports Immune and Digestive Function;
2. antioxidant properties;
3. For centuries, practitioners of herbal medicine have used Kombucha to detoxify the body, enhance the immune system, fight fatigue and soothe an upset stomach.

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Name of Dietary Supplement

Green Tea Energy™

Name of Dietary Ingredients

Asian (Panax), Ginseng Root, Ginseng-Eleuthro Extract, (Panax ginseng, Panax quinque-folium, Eleutherococcus senticosus), Organic Green Tea Leaf, Organic Lemon Grass, Organic Spearmint Leaf, Kombucha-Pure™ Extract,(Kombucha Culture, Asian Ginseng Reishi Mushroom, Dong Quai Root, Rehmannia Root, and Lycii Barbarum Fruit) Root, Licorice Root, White Peony Root, Ginger Root, Eucommia Bark, Cinnamon Bark

**Statements of Nutritional
Support for the Dietary Supplement**

1. Enhances Stamina and Supports Anti-Aging Processes;
2. Natural Energy Boost;
3. a vital tonic specially formulated to promote greater energy and well-being;
4. It helps reduce certain effects of aging and stress.
5. Green Tea is known to be an effective antioxidant, which means that it can help decrease the degeneration of cell DNA.
6. It is also known to promote longevity by keeping the cells in your body healthy.
7. Ginseng has been shown to be effective in promoting blood circulation and sexual energy and in decreasing the effects of stress, thus improving physical and mental performance.
8. Ginseng can also help improve memory and reaction time, and support blood circulation.
9. Adaptogens are herbs that help to restore balance within the body, aiding adjustment to stress and supporting normal function.
10. delivering the endurance-enhancing quality of ginseng.

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Name of Dietary Supplement

Green Tea Super Anti-Oxidant TM

Name of Dietary Ingredients

Grapeseed Extract, Proanthocyanins (95%), Emblic Fruit (Amla) Extract, Tannins (45%), Organic Lemon Grass, Organic Green Tea Leaf, Organic Licorice Root, Jasmine Green Tea Leaf, Organic Alfalfa Leaf, Organic Burdock Root, Organic Dandelion Root, Irish Moss Plant

**Statements of Nutritional
Support for the Dietary Supplement**

1. specially formulated to combat the effects of free radicals in the body;
2. Both Amla Fruit and Grapeseed are also excellent free radical eliminators.
3. for anti-aging, to support the immune system and to rejuvenate the body;
4. antioxidants are a powerful weapon against the incursion of free radicals that weaken the cells of our body;
5. strengthens the immune system and supports overall health;
6. Anti-Aging Formula; helps reduce free radicals and rejuvenate the body;

7. It has been shown that a single cup of Green Tea (*Camellia sinensis*) supplies greater antioxidant activity against the peroxy radical (the most common type of free radical) than a serving of broccoli, carrots, spinach or strawberries.

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Name of Dietary Supplement

Green Tea Triple Echinacea

Name of Dietary Ingredients

Echinacea Root Extract, Phenols (4%), European Elder Berry Extract, Anthocyanins (30%), Organic Green Tea Leaf, Organic Lemon Grass, Organic Spearmint Leaf, Organic Echinacea Root, *Angustifolia*, *Purpurea*, *Pallida*), Kombucha-Pure™ Extract , (Kombucha Culture, Asian Ginseng Root, Licorice Root, White Peony Root, Ginger Root, *Eucommia* Bark, Cinnamon Bark, Reishi Mushroom, Dong Quai Root, *Rehmannia* Root, and *Lycii Barbarum* Fruit

Statements of Nutritional Support for the Dietary Supplement

1. formulated to help keep your immune system in great shape; unique immune support formula;
2. The combination of three varieties of Echinacea Root (*Echinacea angustifolia*, *purpurea*, *pallida*) provides a full spectrum of protection.
3. Recent scientific research has shown that Echinacea is effective in giving the immune system a short-term boost, thereby promoting (among other actions) an increase in interferons, proteins that control immune functions to keep the body in balance.
4. These plant compounds work together to enhance immune function.
5. immune-enhancing and supportive of the respiratory system;
6. Immune Protector;
7. The formula is further complemented with Ginseng, which is widely regarded as the ultimate immune-enhancer;
8. can help you stay healthy.

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Name of Dietary Supplement

Simply Green Tea™

Name of Dietary Ingredients

Organic Green Tea Leaf

**Statements of Nutritional
Support for the Dietary Supplement**

1. Antioxidants help to prevent free radicals from weakening our cells and are considered important in the anti-aging process.
2. The antioxidant benefits of this age-old tea contribute to your health by strengthening the ability of your cells to ward off free radicals.

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Name of Dietary Supplement

Simply Decaf Green Tea™

Name of Dietary Ingredients

Organic Decaffeinated Green Tea Leaf

**Statements of Nutritional
Support for the Dietary Supplement**

1. Antioxidants help to prevent free radicals from weakening our cells and are considered important in the anti-aging process.

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Name of Dietary Supplement

Simply Green Tea™ Maté

Name of Dietary Ingredients

**Organic Green Tea Leaf , Organic Green Maté Leaf,
Jasmine Green Tea Leaf**

**Statements of Nutritional
Support for the Dietary Supplement**

1. Antioxidants help to prevent free radicals from weakening our cells and are considered important in the anti-aging process.
2. For hundreds of years, Maté has been used to enhance stamina, promote immunity, aid in weight loss, detoxify the body and increase libido.
3. an energizing remedy for stress; a perfect way to restore your energy.

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Name of Dietary Supplement

Classic India Spice Tea™

Name of Dietary Ingredients

**Organic Cardamom Seed, Organic Ginger Root, Roasted
Chicory Root, Carob Pod, Organic Cinnamon Bark,
Organic Clove Bud, Stevia Leaf, Organic Black Pepper**

**Statements of Nutritional
Support for the Dietary Supplement**

1. may help improve your energy by cleansing the blood.