Nutrition Labelling
Directory of Nutrition Symbol Formats

Draft for Canada Gazette Part I Consultation
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## Standard Formats

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Bilingual Standard Formats

1. 600 cm² < Principal Display Surface

   a. Saturated fat, sugars, and sodium
   b. Saturated fat and sugars
   c. Sugars and sodium
   d. Saturated fat and sodium
   e. Saturated fat
   f. Sugars
   g. Sodium

2. 450 cm² < Principal Display Surface ≤ 600 cm²

   a. Saturated fat, sugars, and sodium
   b. Saturated fat and sugars
   c. Sugars and sodium
   d. Saturated fat and sodium
   e. Saturated fat
   f. Sugars
   g. Sodium

3. 250 cm² < Principal Display Surface ≤ 450 cm²

   a. Saturated fat, sugars, and sodium
   b. Saturated fat and sugars
   c. Sugars and sodium
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Health Canada is soliciting feedback from Canadians and stakeholders on the nutrition symbol to be used. Symbol options being considered can be found in the Nutrition symbol consultation. Those wishing to provide feedback are invited to do so before April 26, 2018.

Standard Formats

1. 600 cm² < Principal Display Surface

a. Saturated fat, sugars, and sodium

Figure 1.0(E)

Nutrition symbol dimensions (width x height)
4.57 cm x 3.40 cm
1.80 in x 1.34 in

Minimum buffer
2.7 mm

Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)
3.5 mm

b. Saturated fat and sugars

Figure 1.1(E)

Same format specifications as Figure 1.0(E)

Figure 1.1(F)

Same format specifications as Figure 1.0(E)

c. Sugars and sodium

Figure 1.2(E)

Same format specifications as Figure 1.0(E)

Figure 1.2(F)

Same format specifications as Figure 1.0(E)

d. Saturated fat and sodium

Figure 1.3(E)

Same format specifications as Figure 1.0(E)

Figure 1.3(F)

Same format specifications as Figure 1.0(E)
e. Saturated fat
Figure 1.4(E)

Figure 1.4(F)

f. Sugars
Figure 1.5(E)

Figure 1.5(F)

g. Sodium
Figure 1.6(E)

Figure 1.6(F)

Same format specifications as Figure 1.0(E)
2. 450 cm² < Principal Display Surface ≤ 600 cm²

a. Saturated fat, sugars, and sodium

Figure 2.0(E) Nutrition symbol dimensions
(width x height)
3.92 cm x 2.92 cm
1.54 in x 1.15 in
Minimum buffer
2.3 mm
Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)
3.0 mm

Figure 2.0(F)
Élevé en gras sat, sucrés, et sodium
- schéma d’ensemble à déterminer
Santé Canada

b. Saturated fat and sugars

Figure 2.1(E) Same format specifications as Figure 2.0(E)

Figure 2.1(F) Same format specifications as Figure 2.0(E)

Santé Canada

b. Saturated fat and sugars

Figure 2.2(E) Same format specifications as Figure 2.0(E)

Figure 2.2(F) Same format specifications as Figure 2.0(E)

Santé Canada

d. Saturated fat and sodium

Figure 2.3(E) Same format specifications as Figure 2.0(E)

Figure 2.3(F) Same format specifications as Figure 2.0(E)
e. Saturated fat
Figure 2.4(E)

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f. Sugars
Figure 2.5(E)

Same format specifications as Figure 2.0(E)

g. Sodium
Figure 2.6(E)

Same format specifications as Figure 2.0(E)
3. 250 cm² < Principal Display Surface ≤ 450 cm²

a. Saturated fat, sugars, and sodium

Figure 3.0(E)

High in sat fat, sugars, and sodium
- design to be determined

Health Canada

Nutrition symbol dimensions
(width x height)
3.18 cm x 2.43 cm
1.25 in x 0.96 in

Minimum buffer
1.9 mm

Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)
2.5 mm

Figure 3.0(F)

Same format specifications as Figure 3.0(E)

b. Saturated fat and sugars

Figure 3.1(E)

High in sat fat and sugars
- design to be determined

Health Canada

Same format specifications as Figure 3.0(E)

Figure 3.1(F)

Same format specifications as Figure 3.0(E)

c. Sugars and sodium

Figure 3.2(E)

High in sugars and sodium
- design to be determined

Health Canada

Same format specifications as Figure 3.0(E)

Figure 3.2(F)

Same format specifications as Figure 3.0(E)

d. Saturated fat and sodium

Figure 3.3(E)

High in sat fat and sodium
- design to be determined

Health Canada

Same format specifications as Figure 3.0(E)

Figure 3.3(F)

Same format specifications as Figure 3.0(E)
e. Saturated fat

Figure 3.4(E)

Same format specifications as Figure 3.0(E)

Figure 3.4(F)

Same format specifications as Figure 3.0(E)

f. Sugars

Figure 3.5(E)

Same format specifications as Figure 3.0(E)

Figure 3.5(F)

Same format specifications as Figure 3.0(E)

g. Sodium

Figure 3.6(E)

Same format specifications as Figure 3.0(E)

Figure 3.6(F)

Same format specifications as Figure 3.0(E)
4. 100 cm² < Principal Display Surface ≤ 250 cm²

a. Saturated fat, sugars, and sodium

**Figure 4.0(E)**

Nutrition symbol dimensions
(width x height)
2.61 cm x 1.95 cm
1.03 in x 0.77 in

**Minimum buffer**
1.5 mm

**Height of upper case letters or tallest ascender of lower case letters** (except for the words Health Canada / Santé Canada)
2.0 mm

**Figure 4.0(F)**

Same format specifications as Figure 4.0(E)

b. Saturated fat and sugars

**Figure 4.1(E)**

Same format specifications as Figure 4.0(E)

**Figure 4.1(F)**

Same format specifications as Figure 4.0(E)

c. Sugars and sodium

**Figure 4.2(E)**

Same format specifications as Figure 4.0(E)

**Figure 4.2(F)**

Same format specifications as Figure 4.0(E)

d. Saturated fat and sodium

**Figure 4.3(E)**

Same format specifications as Figure 4.0(E)

**Figure 4.3(F)**

Same format specifications as Figure 4.0(E)
e. Saturated fat
Figure 4.4(E)  
![High in sat fat](image)

Same format specifications as Figure 4.0(E)

Figure 4.4(F)  
![Élevé en gras sat](image)

Same format specifications as Figure 4.0(E)

f. Sugars
Figure 4.5(E)  
![High in sugars](image)

Same format specifications as Figure 4.0(E)

Figure 4.5(F)  
![Élevé en sucres](image)

Same format specifications as Figure 4.0(E)

g. Sodium
Figure 4.6(E)  
![High in sodium](image)

Same format specifications as Figure 4.0(E)

Figure 4.6(F)  
![Élevé en sodium](image)

Same format specifications as Figure 4.0(E)
5. 30 cm² < Principal Display Surface ≤ 100 cm²

a. Saturated fat, sugars, and sodium

![Figure 5.0(E)](image)

**Nutrition symbol dimensions**
- (width x height)
- 1.95 cm x 1.48 cm
- 0.77 in x 0.62 in

- **Minimum buffer**
- 1.1 mm

- **Height of upper case letters or tallest ascender of lower case letters** (except for the words Health Canada / Santé Canada)
- 1.5 mm

![Figure 5.0(F)](image)

- Same format specifications as Figure 5.0(E)

b. Saturated fat and sugars

![Figure 5.1(E)](image)

- Same format specifications as Figure 5.0(E)

![Figure 5.1(F)](image)

- Same format specifications as Figure 5.0(E)

c. Sugars and sodium

![Figure 5.2(E)](image)

- Same format specifications as Figure 5.0(E)

![Figure 5.2(F)](image)

- Same format specifications as Figure 5.0(E)

d. Saturated fat and sodium

![Figure 5.3(E)](image)

- Same format specifications as Figure 5.0(E)

![Figure 5.3(F)](image)

- Same format specifications as Figure 5.0(E)
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<th>Figure 5.4(E)</th>
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<td>Same format specifications as Figure 5.0(E)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>f. Sugars</th>
<th>Figure 5.5(E)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="health_canada" alt="Sugars icon" /></td>
<td>Same format specifications as Figure 5.0(E)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>g. Sodium</th>
<th>Figure 5.6(E)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="health_canada" alt="Sodium icon" /></td>
<td>Same format specifications as Figure 5.0(E)</td>
</tr>
</tbody>
</table>
6. Principal Display Surface ≤ 30 cm²

a. Saturated fat, sugars, and sodium

Figure 6.0(E) Nutrition symbol dimensions
(width x height)
1.91 cm x 1.24 cm
0.75 in x 0.49 in
Minimum buffer
1.1 mm
Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)
1.5 mm

Figure 6.0(F) Same format specifications as Figure 6.0(E)

b. Saturated fat and sugars

Figure 6.1(E) Nutrition symbol dimensions
(width x height)
1.74 cm x 1.07 cm
0.69 in x 0.42 in
Minimum buffer
1.1 mm
Height of upper case letters or tallest ascender of lower case letters (except for the words Health Canada / Santé Canada)
1.5 mm

Figure 6.1(F) Same format specifications as Figure 6.1(E)

c. Sugars and sodium

Figure 6.2(E) Same format specifications as Figure 6.1(E)

Figure 6.2(F) Same format specifications as Figure 6.1(E)

d. Saturated fat and sodium

Figure 6.3(E) Same format specifications as Figure 6.1(E)

Figure 6.3(F) Same format specifications as Figure 6.1(E)
e. Saturated fat

**Figure 6.4(E)**

<table>
<thead>
<tr>
<th>Nutrition symbol dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>(width x height)</td>
</tr>
<tr>
<td>1.51 cm x 0.80 cm</td>
</tr>
<tr>
<td>0.59 in x 0.31 in</td>
</tr>
</tbody>
</table>

**Minimum buffer**

1.1 mm

**Height of upper case letters or tallest ascender of lower case letters** (except for the words
Health Canada / Santé Canada)

1.5 mm

**Figure 6.4(F)**

Same format specifications as Figure 6.4(E)

f. Sugars

**Figure 6.5(E)**

Same format specifications as Figure 6.4(E)

**Figure 6.5(F)**

Same format specifications as Figure 6.4(E)

g. Sodium

**Figure 6.6(E)**

Same format specifications as Figure 6.4(E)

**Figure 6.6(F)**

Same format specifications as Figure 6.4(E)
Bilingual Standard Formats
1. 600 cm² < Principal Display Surface

a. Saturated fat, sugars, and sodium

Figure 1.0(B)

| High in sat fat, sugars, and sodium |
| - design to be determined |
| Élevé en gras sat, sucres, et sodium |
| - schéma d’ensemble à déterminer |

Nutrition symbol dimensions
(width x height)
6.29 cm x 3.40 cm
2.48 in x 1.34 in

Minimum buffer
2.7 mm

Height of upper case letters or tallest ascender of lower case letters
(except for the words Health Canada / Santé Canada)
3.5 mm

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars

Figure 1.1(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from
the order shown in this Figure.
For that version, please see the document
Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium

Figure 1.2(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from
the order shown in this Figure.
For that version, please see the document
Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium

Figure 1.3(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from
the order shown in this Figure.
For that version, please see the document
Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

Figure 1.4(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

f. Sugars

Figure 1.5(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

g. Sodium

Figure 1.6(B)

Same format specifications as Figure 1.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.
2. 450 cm² < Principal Display Surface ≤ 600 cm²

a. Saturated fat, sugars, and sodium

Figure 2.0(B)

Nutrition symbol dimensions
(width x height)
5.40 cm x 2.92 cm
2.13 in x 1.15 in

Minimum buffer
2.3 mm

Height of upper case letters or tallest ascender of lower case letters
(except for the words Health Canada / Santé Canada)
3.0 mm

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars

Figure 2.1(B)

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium

Figure 2.2(B)

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium

Figure 2.3(B)

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

**Figure 2.4(B)**

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

f. Sugars

**Figure 2.5(B)**

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

g. Sodium

**Figure 2.6(B)**

Same format specifications as Figure 2.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.
3. 250 cm² < Principal Display Surface ≤ 450 cm²

a. Saturated fat, sugars, and sodium
   
   **Figure 3.0(B)**
   
   Nutrition symbol dimensions
   (width x height)
   4.50 cm x 2.43 cm
   1.77 in x 0.96 in

   **Minimum buffer**
   1.9 mm

   **Height of upper case letters or tallest ascender of lower case letters**
   (except for the words Health Canada / Santé Canada)
   2.5 mm

   The order of the language may be reversed from the order shown in this Figure.
   For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars
   
   **Figure 3.1(B)**

   Same format specifications as Figure 3.0(B)

   The order of the language may be reversed from the order shown in this Figure.
   For that version, please see the document Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium
   
   **Figure 3.2(B)**

   Same format specifications as Figure 3.0(B)

   The order of the language may be reversed from the order shown in this Figure.
   For that version, please see the document Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium
   
   **Figure 3.3(B)**

   Same format specifications as Figure 3.0(B)

   The order of the language may be reversed from the order shown in this Figure.
   For that version, please see the document Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

Figure 3.4(B)

Same format specifications as Figure 3.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

f. Sugars

Figure 3.5(B)

Same format specifications as Figure 3.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

g. Sodium

Figure 3.6(B)

Same format specifications as Figure 3.0(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.
4. 100 cm² < Principal Display Surface ≤ 250 cm²

a. Saturated fat, sugars, and sodium

Figure 4.0(B)

<table>
<thead>
<tr>
<th>Nutrition symbol dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>(width x height)</td>
</tr>
<tr>
<td>3.60 cm x 1.95 cm</td>
</tr>
<tr>
<td>1.42 in x 0.77 in</td>
</tr>
<tr>
<td>Minimum buffer</td>
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<tr>
<td>1.5 mm</td>
</tr>
<tr>
<td>Height of upper case letters or tallest ascender of lower case letters</td>
</tr>
<tr>
<td>(except for the words Health Canada / Santé Canada)</td>
</tr>
<tr>
<td>2.0 mm</td>
</tr>
</tbody>
</table>

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars

Figure 4.1(B)

Same format specifications as Figure 4.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium

Figure 4.2(B)

Same format specifications as Figure 4.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium

Figure 4.3(B)

Same format specifications as Figure 4.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

**Figure 4.4(B)**

Same format specifications as Figure 4.0(B)

![High in sat fat - design to be determined]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

f. Sugars

**Figure 4.5(B)**

Same format specifications as Figure 4.0(B)

![High in sugars - design to be determined]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

g. Sodium

**Figure 4.6(B)**

Same format specifications as Figure 4.0(B)

![High in sodium - design to be determined]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.
5. 30 cm² < Principal Display Surface ≤ 100 cm²

a. Saturated fat, sugars, and sodium

Figure 5.0(B)

Nutrition symbol dimensions
(width x height)
2.70 cm x 1.48 cm
1.06 in x 0.58 in

Minimum buffer
1.1 mm

Height of upper case letters or tallest ascender of lower case letters
(except for the words Health Canada / Santé Canada)
1.5 mm

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars

Figure 5.1(B)

Same format specifications as Figure 5.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium

Figure 5.2(B)

Same format specifications as Figure 5.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium

Figure 5.3(B)

Same format specifications as Figure 5.0(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

**Figure 5.4(B)**

Same format specifications as Figure 5.0(B)

![Saturated fat diagram]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*.

f. Sugars

**Figure 5.5(B)**

Same format specifications as Figure 5.0(B)

![Sugars diagram]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*.

g. Sodium

**Figure 5.6(B)**

Same format specifications as Figure 5.0(B)

![Sodium diagram]

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*. 
6. Principal Display Surface ≤ 30 cm²

a. Saturated fat, sugars, and sodium

Figure 6.0(B)

<table>
<thead>
<tr>
<th>Nutrition symbol dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>(width x height)</td>
</tr>
<tr>
<td>2.70 cm x 1.24 cm</td>
</tr>
<tr>
<td>1.06 in x 0.52 in</td>
</tr>
</tbody>
</table>

Minimum buffer
1.1 mm

Height of upper case letters or tallest ascender of lower case letters
(except for the words Health Canada / Santé Canada)
1.5 mm

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

b. Saturated fat and sugars

Figure 6.1(B)

<table>
<thead>
<tr>
<th>Nutrition symbol dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>(width x height)</td>
</tr>
<tr>
<td>2.50 cm x 1.07 cm</td>
</tr>
<tr>
<td>0.98 in x 0.45 in</td>
</tr>
</tbody>
</table>

Minimum buffer
1.1 mm

Height of upper case letters or tallest ascender of lower case letters
(except for the words Health Canada / Santé Canada)
1.5 mm

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

c. Sugars and sodium

Figure 6.2(B)

Same format specifications as Figure 6.1(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.

d. Saturated fat and sodium

Figure 6.3(B)

Same format specifications as Figure 6.1(B)

The order of the language may be reversed from the order shown in this Figure. For that version, please see the document Répertoire des modèles de symboles nutritionnels.
e. Saturated fat

**Figure 6.4(B)**

<table>
<thead>
<tr>
<th>Nutrition symbol</th>
<th>Nutrition symbol dimensions (width x height)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.51 cm x 1.03 cm</td>
</tr>
<tr>
<td></td>
<td>0.59 in x 0.41 in</td>
</tr>
</tbody>
</table>

**Minimum buffer**

1.1 mm

**Height of upper case letters or tallest ascender of lower case letters**

(except for the words Health Canada / Santé Canada)

1.5 mm

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*.

f. Sugars

**Figure 6.5(B)**

Same format specifications as Figure 6.4(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*.

g. Sodium

**Figure 6.6(B)**

Same format specifications as Figure 6.4(B)

The order of the language may be reversed from the order shown in this Figure.
For that version, please see the document *Répertoire des modèles de symboles nutritionnels*. 