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February 28, 1997

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

Dear Sir or Madam:

0044 '97 SEP 19 P1:31

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our More Than A Diet supplement:

- Chromium plays a role in glucose and fat metabolism.
- Carnitine assists in the breakdown of fat in cells to produce energy.
- Carnitine plays an essential role in making fatty acids available for energy in muscle tissue.
- Creatine is an essential component of energy transfer in muscles.
- Creatine makes up about 0.3-0.5% of muscle weight.
- Creatine is mainly located in the skeletal muscle and brain.
- Ginseng improves physical performance.
- Fiber is an important part of a healthy diet.
- Fiber helps maintain healthy functioning of the GI tract.
- The body cannot make essential fatty acids and therefore, they must be supplied in the diet.
- Essential fatty acids play a role in cell wall structures, in cholesterol transport, in the formation of immune system components and in skin health.
- Fruits and vegetables provide naturally-occurring flavonoids which have been shown to possess antioxidant properties that protect cells from the harmful effects of free radicals.
- Less than one-third of adult Americans consume the daily recommended intake of fruits and vegetables.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD  
Nutritionist

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