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March 10, 1998

Dr. Elizabeth Yetley  
Director of the Office of Special Nutritionals  
Division of Programs and Enforcement Policy  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street  
HFS-455  
Washington, D.C. 20204

Dear Dr. Yetley:

Notice is hereby given pursuant to the requirements of Section 403(r)(6)(21 U.S.C. 343(r)(6) of the Federal Food, Drug and Cosmetic Act of statements of nutritional support which have been made on the label and/or in the labeling in connection with the marketing of the dietary supplement FAMILY ESSENTIALS™ WITH REFERENCE TO ANY CLAIM CONCERNING SIBERIAN GINSENG. FAMILY ESSENTIALS™ WITH REFERENCE TO ANY CLAIM CONCERNING SIBERIAN GINSENG was first marketed with these statements of nutritional support on Friday, March 6, 1998. The statements of nutritional support are as follows:

*"Siberian Ginseng contributes to improved alertness, stamina and athletic performance"*

*Siberian Ginseng* (latin name: *eleutherococcus senticosus*) is an herb whose dried root was introduced to modern herbal practice over 30 years ago by Russian scientists. Numerous studies appear in Russian literature detailing the biological effects of *Siberian Ginseng*.

*Siberian Ginseng's* invigorating action on the body is due to a complex function of various compounds known as eleutherosides. Family Essentials™ Today's Man™ contains *Siberian Ginseng* that is standardized to have the eleutherosides content used in scientific studies. Studies conducted on over 4,000 human patients support the use of *Siberian Ginseng* extract as a tonic for improved work output and athletic performance. *Siberian Ginseng* is especially beneficial when active and demanding lifestyles create fatigue and/or a declining capacity for work and concentration.

Very truly yours,  
MASON VITAMINS, INC.

Sonia C. Rodriguez  
VP Marketing & Regulatory Affairs

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### STUDIES FOR SIBERIAN GINSENG CLAIMS

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