

YOUR VITAMINS
FROM ANDREW LESSMAN
FORMERLY THE WINNING COMBINATION

August 9, 2001

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Director
Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street S.W.
Washington, DC 20204

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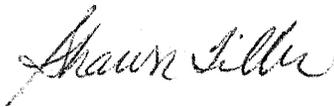
RE: ALPHA LIPOIC ACID

Dear Sir / Madam:

This is a 30-day notification of a statement of nutritional support for a dietary supplement. The product name is **Andrew Lessman's Alpha Lipoic Acid**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

Andrew Lessman's ALPHA LIPOIC ACID delivers a special blend of two powerful and related anti-oxidants, Alpha Lipoic Acid (ALA) and N-Acetyl-Cysteine (NAC). Not only is NAC (N-Acetyl-Cysteine) a powerful external anti-oxidant, it also provides the body with a highly active form of Cysteine, one of the building blocks required for your body to make the antioxidant enzyme, Glutathione Peroxidase. Glutathione is one of the body's most powerful anti-oxidants that is produced within the liver and helps support the body's internal cleansing functions, including the excretion of natural waste products. ALA (Alpha Lipoic Acid) and its metabolites have the rare ability to exist in either aqueous (water) or fatty environments, which enables ALA to deliver its powerful anti-oxidant effects virtually anywhere in the body. It is this universal solubility that results in ALA being commonly referred to as the "Universal Anti-Oxidant." ALA's solubility allows it to be particularly effective in providing its anti-oxidant benefits to the cells of our nervous system, especially the brain where its molecular structure permits it to cross the blood-brain-barrier. ALA also delivers its anti-oxidant benefits to the vital tissues of the cardiovascular and immune systems, as well as the liver, kidneys and lungs. ALA's anti-oxidant capacity also helps to "recharge" and extend the life of other anti-oxidants in the body, such as Vitamins C and E, Coenzyme Q10 and Glutathione. Unfortunately, the body makes and maintains very low concentrations of ALA and like many of the vital substances that we rely upon our bodies to produce, we may need more ALA from supplementation due to the normal changes accompanying aging, stress, illness and even exercise.

Respectfully Submitted,



Shawn Tiller
Manager, Product Development

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