

**GENERAL VITAMIN CORPORATION**  
**PO BOX 900044 RALEIGH NC 27675**  
**919-929-5785 FAX 919-929-2294**

DEC 30 2003

December 11, 2003

**CERTIFIED MAIL**  
**Return Receipt Requested**

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

To Whom It May Concern:

This letter is submitted pursuant to Section 406 (r)(6) of the Federal Food, Drug, and Cosmetic Act for the purpose of notifying the agency of statements being made in connection with the marketing of dietary supplements being distributed by this company.

The product name and the dietary ingredients for which the statement is being made is as follows:

**TODAY'S ESSENTIALS™**  
**MENOPAUSE SUPPORT**  
DIETARY SUPPLEMENT  
30 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

**Amount Per Serving**

Menoplex (isoflavone-rich soy bean concentrate, soy germ extract and Kudzu [ <i>Radix puerariae</i> root extract with standardized isoflavones])	200 mg†
Black Cohosh Root and Rhizome (standardized 2.5% [2.5 mg] triterpene glycosides)	100 mg†

† Daily Value not established.

Other ingredients: Silica, gelatin and purified water.

Distributed Exclusively by: **General Vitamin Corp.**  
P.O. Box 900044, Raleigh, NC 27675 • 1-800-323-8482 • [www.generalvitamin.com](http://www.generalvitamin.com)

Ease the discomforts of your changing cycle the botanical way with **MENOPAUSE SUPPORT**, with standardized isoflavones from black cohosh, soy and kudzu.

**DIRECTIONS:** As a dietary supplement, one capsule a day.

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**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

The text of the statements that are being made in regards to the above stated product are listed below:

- Made with 100 mg of Black Cohosh (*Cimicifuga racemosa* root and rhizome) standardized to 2.5% triterpene glycosides.
- Includes Menoplex, a powerful complex of phytoestrogenic herbal extracts including Glycine max, soy bean concentrate, soy germ extract and *Radix puerariae* root extract, standardized to 6.7% isoflavones.
- Free from synthetic hormones.
- Contains no artificial colors or additives
- Supports general well-being.
- Supports general well-being during menopause.
- Provides healthful levels of phytoestrogens.

Sincerely,

General Vitamin Corporation

Tom Lotrecchiano  
President