

GENERAL VITAMIN CORPORATION
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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:

975 0162

LET

13593

86953

TODAY'S ESSENTIALS™
BEAUTIFUL SKIN
 SUSTAINED RELEASE
 Dietary Supplement
 30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Thiamin (as thiamin HCl) (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	400 mcg	133%
Pantothenic Acid (as calcium pantothenate)	150 mg	1500%
Zinc (as proteinate/complex)	50 mg	333%
MSM (methylsulfonylmethane)	100 mg	†
Phosphatide Complex (from lecithin and safflower oil)	100 mg	†
Glucosamine Sulfate (aminomonosaccharide)	50 mg	†
PABA (para-aminobenzoic acid)	10 mg	†

† Daily Value not established.

Other ingredients: Di-calcium phosphate, hydroxypropyl methylcellulose, silica, magnesium stearate and pharmaceutical glaze.

Distributed Exclusively by: **General Vitamin Corp.**

P.O. Box 900044, Raleigh, NC 27675 • 1-800-323-8482 • www.generalvitamin.com

BEAUTIFUL SKIN provides MSM, a form of dietary sulfur, one of the structural components of skin, as well as high-potency vitamins and synergistic nutrients—for healthy-looking, **BEAUTIFUL** skin.*

DIRECTIONS: As a dietary supplement, one tablet a day.

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

- Provides the B-vitamins needed for metabolism and maintenance of healthy skin.
- Supplies vitamin antioxidants for protection against free radical damage to the skin.
- Made with Phosphatide Complex from lecithin and safflower oil, supplying essential and non-essential fatty acids, which support cell membrane elasticity.
- Fortified with 100 mg of MSM, a highly bioavailable form of sulfur that supports skin protein synthesis.
- Formulated with 50 mg of glucosamine sulfate, an important structural component of a healthy basement membrane of the skin.
- Comes in a convenient single tablet.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Supports general well-being. Supports healthy skin.
- Supports healthy collagen, collagen formation, collagen growth and repair.
- Supports healthy connective tissues. Supports healthy joints.
- Supports healthy antioxidant function. Supports healthy free radical elimination.

Sincerely,
General Vitamin Corporation



Tom Lotrecchiano
President