

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

13594

86953

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

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	5000 IU	100%
Vitamin D (as ergocalciferol)	100 IU	25%
Riboflavin (vitamin B-2)	50 mg	2941%
Folate (as folic acid)	200 mc	50%
	g	
Vitamin B-12 (as cyanocobalamin)	50 mc	833%
	g	
Calcium (as proteinate/complex)	250 mg	25%
Iron (as proteinate/complex)	5 mg	28%
Phosphorus (as proteinate)	20 mg	2%
Magnesium (as proteinate/complex)	25 mg	6%
Zinc (as proteinate)	15 mg	100%
MSM (methylsulfonylmethane)	100 mg	†
Soylex (amino acid-rich protein complex)	100 mg	†
L-Cysteine (free form amino acid)	50 mg	†
L-Methionine (free form amino acid)	50 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

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

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

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

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

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

*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 synthesis of healthy nails.
- Supplies vitamin antioxidants for protection against free radical damage to the nail cuticle.
- Includes added 250 mg of calcium and 15 mg of zinc to support nail growth.
- Made with Soyplex, an amino acid-rich protein complex that contributes to nail keratinization.
- Enhanced with 100 mg of MSM, a highly bioavailable form of sulfur that supports nail protein synthesis.
- Includes free form amino acids, L-cysteine and L-methionine, for structural support of healthy nail proteins.
- Comes in a convenient single tablet.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Supports general well-being.
- Supports healthy looking nails.
- 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