

Rec'd 2/5/99

**NOTIFICATION PURSUANT TO**  
**SECTION 6 OF DSHEA**

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® 21 Grain Lecithin #11006** bearing the statements set out below:

5190 '99 FEB 19 P3:03

**Weider Nutrition International., Inc.**  
**2002 South 5070 West**  
**Salt Lake City, Utah 84104**

The text of each structure-function claim for **Lecithin** is as follows:

**(Statement 1)**

Lecithin is another name for phosphatidyl choline, one of the phospholipids. Phospholipids (phosphatides) are indispensable components of all cell membranes, and are also natural emulsifiers, helping fats dissolve in water. Lecithin also contains phosphatidyl serine, phosphatidyl inositol and phosphatidyl ethanolamine (formerly called cephalins), which are the other major phospholipids found in lecithin and cell membranes. Phospholipids contain fatty acids, including linoleic acid. Lecithin contains choline which is used in the body to manufacture brain neurotransmitters. Lecithin supports a healthy cardiovascular system.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International., Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 15<sup>th</sup> day of February, 199 9.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: DR. LUKE R. BUCCI

DR. LUKE R. BUCCI  
Vice President of Research