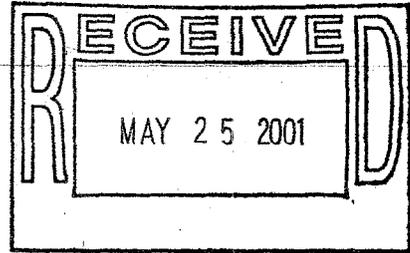


Carlson®

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May 15, 2001



Office of Special Nutritional (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington, D.C. 20204

Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of a statement of nutritional support in the labeling of Carlson Selenium. Carlson Division of J. R. Carlson Laboratories, Inc., Arlington Heights, Illinois 60004, is the distributor of Carlson Selenium.

Statement being made in the labeling of the above mentioned Carlson products:

“Selenium is an important trace mineral. It is essential to the function of Glutathione Peroxidase, an antioxidant enzyme, which neutralizes harmful peroxide free radicals. Muscle enzymes also use Selenium to maintain normal mass and tone.”

To the best of my knowledge, and based upon information and belief present at the time of the executing of the notice, I certify that the above information is accurate and complete; and the J.R. Carlson Laboratories, Inc. possesses substantiation that the statements are truthful and not misleading.

J.R. Carlson Laboratories, Inc.

By 
Susan Carlson, Vice President

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