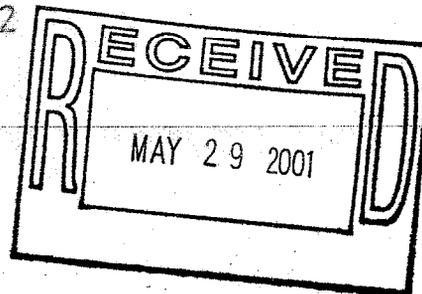


# Carlson®

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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 E-Gems, E-Gems Plus, E-Gems Elite, and E-Gems with C. Carlson Division of J. R. Carlson Laboratories, Inc., Arlington Heights, Illinois 60004, is the distributor of Carlson E-Gems, E-Gems Plus, E-Gems Elite, and E-Gems with C.

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

"Vitamin E is an essential nutrient and important antioxidant that promotes a healthy heart and cardiovascular system to help maintain your good health."

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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