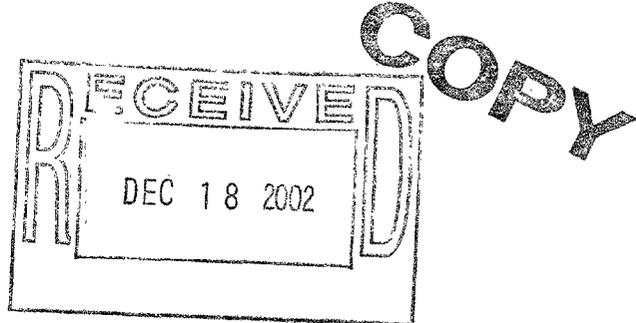




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December 11, 2002

Director
Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street S.W.
Washington, DC 20204



SENT VIA CERTIFIED MAIL - RETURN RECEIPT REQUESTED
ARTICLE #: 7099 3400 0016 4139 9850

RE: VITAMIN C-500 plus B-COMPLEX

Dear Sir / Madam:

This is a 30-day notification of a statement of nutritional support for a dietary supplement. The product name is **Andrew Lessman's Vitamin C-500 plus B-Complex**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

Andrew Lessman's VITAMIN C-500 plus B-COMPLEX is a 100% additive-free, all natural complex of Vitamin C plus all the essential B-Complex vitamins. The Vitamin C in this product is entirely in the form of a water-based mineral ascorbate (Calcium Ascorbate), which is entirely non-acidic, so it is guaranteed to not upset your stomach. This special form of Vitamin C promotes the greatest utilization of Vitamin C without the stomach discomfort, loss of potency and rapid nutrient loss associated with ordinary Ascorbic Acid. Vitamin C is a powerful antioxidant that supports the health of numerous body tissues and systems. Finally, because they are easily depleted by stress, including illness and strenuous exercise, and are key factors in the metabolism of food and creation of energy in the body, we include high potencies of all of the B-Complex vitamins.

Respectfully Submitted,

Dr Nancy Steely, ND
Research & Development Manager

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