

**GENERAL VITAMIN CORPORATION
PO BOX 900044 RALEIGH NC 27675**

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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

DEC 30 2003

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

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86953

TODAY'S ESSENTIALS™
NUTRI-FV™
 DIETARY SUPPLEMENT
 60 BI-LAYERED TABLETS

Supplement Facts

Serving Size 2 Bi-Layered Tablets

Servings Per Container 60

Amount Per Serving	%DV	
Vitamin A (as beta carotene)	7885 IU	158%
Vitamin C (ascorbic acid)	221 mg	369%
Vitamin E (as d-alpha tocopheryl succinate)	3 IU	9%
Thiamin (as thiamin mononitrate) (vitamin B-1)	0.3 mg	19%
Riboflavin (vitamin B-2)	0.4 mg	25%
Niacin (as nicotinic acid)	4 mg	18%
Vitamin B-6 (as pyridoxine HCl)	2.5 mg	123%
Folate (as folic acid)	141 mcg	35%
Vitamin B-12 (as cyanocobalamin)	0.2 mcg	4%
Biotin	7 mcg	2%
Pantothenic Acid (as calcium pantothenate)	9 mg	87%
Phosphorus (as di-calcium phosphate)	134 mg	13%
Calcium (as phosphate, aminoate)	119 mg	12%
Iron (as ferrous sulfate)	3 mg	17%
Magnesium (as magnesium oxide)	79 mg	20%
Zinc (as zinc citrate)	1 mg	8%
Selenium (as selenomethionine)	25 mcg	36%
Copper (as copper citrate)	0.76 mg	38%
Manganese (as manganese citrate)	1.72 mg	86%
Proprietary Fruit Blend	1000 mg	†
Whole Fruit Concentrates 10X of Apple, Apricot, Banana, Black Currant, Camu-Camu, Cranberry, Orange, Peach, Red Raspberry, Strawberry, Tomato; Standardized Extracts of Papaya, Pineapple, Red Wine Grape		
Proprietary Vegetable Blend	1000 mg	†
Whole Vegetable Concentrates 10X of Alfalfa Sprout, Barley Grass Juice, Cabbage Leaf, Cayenne (<i>Capsicum frutescens</i> fruit), Onion Bulb, Parsley Leaf, Shiitake Mushroom Mycelia; Celery Seed 4X Concentrate; Standardized Extracts of Broccoli Floret, Carrot Root, Garlic Clove, Reishi Mushroom (<i>Ganoderma lucidum</i> fruiting body), Spinach Leaf, Spirulina Algae (<i>Spirulina platensis</i>)		

Proprietary Mixed Fiber Blend Vegetable Cellulose, Apple Pectin, Modified Citrus Pectin	140 mg	†
Proprietary Activated Probiotic Blend Lactospore (micro-encapsulated pure culture of <i>B. coagulans</i>) (provides 50 million viable cells‡), Dahlulin PB (lactic flora growth accelerant and energy enhancer from Dahlia [<i>Dahlia inula</i> tuber] and Chicory Root)	20 mg	†

†Daily Value (DV) not established.
‡At time of manufacture.

Other ingredients: Di-calcium phosphate, hydroxypropyl methylcellulose, polyvinyl pyrrolidone, stearic acid, magnesium stearate and pharmaceutical glaze.

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

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

Just two **NUTRI-FV™** bi-layered tablets provide the vitamin, mineral and phytonutrient goodness of **28** fruits and vegetables per serving.*

DIRECTIONS: As a dietary supplement, two tablets 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 stated product are listed below:

- 2 convenient bi-layered tablets.
- Provides vitamins equivalent to 6 servings of 28 fruits and vegetables.
- Supplies a vegetarian enzyme blend for enhanced digestion.
- Formulated with Dahlulin PB, a lactic flora growth accelerant and energy enhancer from Dahlia tuber and Chicory root.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Supports general well-being. Supports healthy antioxidant function.
- Supports healthy free radical elimination.
- Supports healthy cardiovascular function. Supports healthy heart function.
- Supports healthy collagen, collagen formation, collagen growth and repair.
- Supports healthy connective tissues. Supports healthy joints.
- Supports healthy energy production. Supports healthy metabolism.
- Supports healthy brain function.

Sincerely,
General Vitamin Corporation


Tom Lotrecchiano
President