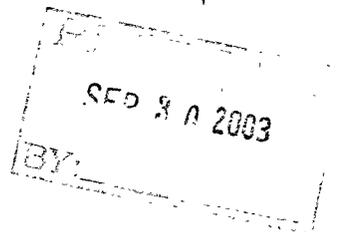


# NATURES BENEFIT, INC.

0723 5 MAY -2 P3:04

Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
U.S.D. Food and Drug Administration  
200 C Street, S.W.  
Washington, D.C. 20204



Re: LOWCARB DIET FACILIATORS™

Ladies/Gentlemen:

This is to notify the Food and Drug Administration that our company has begun to market LOWCARB DIET FACILIATORS™ Dietary Supplement, with the following statement of nutritional support included on the product's label:

Nutritional support to blunt rises in blood sugar (glucose) when taken with a prior to meals and nutritional support for:

- Antioxidant effects
- A healthy blood cholesterol
- Induction of feeling of stomach fullness.
- Growth of friendly colon bacteria
- As an adjunct for a low carbohydrate diet or lifestyle.

It is hereby certified that the information in this notice is complete and accurate, and that our company has substantiation that the above statements of nutritional support are truthful and not misleading.

Very truly yours

Natures Benefit, Inc.

  
By  
Eva Slusarczyk  
Executive Assistant

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105 Lock Street, Suite 405  
Newark, NJ 07103

[www.naturesbenefit.com](http://www.naturesbenefit.com)

Phone (973) 824-8800  
Fax (973) 824-8822

86098

Syndrome X Inc. / Holt MD Labs

Suggested use as a supplement. Take 10g (approx. one scoop) of powder in 8 oz. of water as a low-form sticky gel consume 20 minutes before main meal of the day, or add to food. DO NOT TAKE DRY POWDER.

**SUPPLEMENT FACTS**

Servings Per Container 30  
Serving Size 10g (one scoop) Contains:

Ingredient	Amount
Vitamin A (acetate)	5000 IU
Vitamin C	60 mg
Vitamin E	30 IU
(d-alpha tocopherol acetate)	100% RDI
Vitamin B12	6 mcg
Magnesium (amino acid chelate)	100 mg
Pantothenic acid	10 mg
(calcium pantothenate)	100% RDI
Folic Acid	400 mcg
Biotin	300 mcg
Chromium (amino acid chelate)	60 mcg
Zinc (amino acid chelate)	2 mg
Selenium (amino acid chelate)	20 mcg

A proprietary blend of soluble fiber includes oat beta glucan, apple pectin, psyllium, rice bran, guar gum, inulin, xanthan, cellulose and lecithin. 8.85 g

LOWCARB DIET FACILITATOR™ is a nutritional

product of 100% natural sweeteners (sucrose, glucose) and 100% natural

protein (whey) or other meals and nutritional

benefits. It corrects

the negative effects of

excess fat, poor cholesterol, and

lack of energy. It is a nutritional

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Syndrome X Inc.  
Holt MD Labs  
Natures Benefit Inc.  
Newark, NJ 07103  
www.lowcarb.com

**LOWCARB DIET FACILITATOR™**

Part of Syndrome X

NUTRITIONAL

FACTORS

A DIETARY SUPPLEMENT

300g