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NOV 15 2005

November 08, 2005

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

AdvoCare International, L.P.
2727 Realty Road
Carrollton, TX 75006

Product Name: CorePlex Effervescent

Statement(s)

Basis for Statement

Provides nutritional metabolic support for general health and well being

- Vitamin A (as beta-carotene)
- Vitamin C (as ascorbic acid)
- Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)
- Thiamine (as thiamine HCl)
- Niacin (as niacinamide)
- Vitamin B-6 (as pyridoxine HCl)
- Vitamin B-12 (as cyanocobalamin)
- Betaine
- Silicon (as amino acid chelate)
- Boron (as amino acid chelate)
- Selenium (selenomethionine)
- Manganese (as amino acid chelate)
- Lutein (as esters from *Tagetes sp.*)
- Calcium (as calcium lactate, citrate and bicarbonate)
- Phosphorus (as amino acid chelate)
- Magnesium (as magnesium aspartate, carbonate and oxide)
- Zinc (as zinc monomethionine)
- Potassium (as potassium chloride, citrate and bicarbonate)
- Sodium (as sodium bicarbonate)
- Vanadium (as bis-maltolato-oxovanadium)
- Pantothenic acid (as calcium pantothenate)
- Vitamin D (as cholecalciferol)
- Citrus flavonoids
- Riboflavin
- Coenzyme Q-10
- Folic acid
- Biotin
- Alpha-Lipoic acid
- Inositol
- MSM (methylsulfonylmethane)
- Copper (as amino acid chelate)
- Chromium (as chromium citrate)
- Lycopene
- Iodine (from kelp)
- Molybdenum (as amino acid chelate)
- N-Acetylcysteine

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Supports healthy bone structure and growth

Calcium (as calcium lactate, citrate and bicarbonate)
Phosphorus (as amino acid chelate) Iodine (from kelp)
Magnesium (as magnesium aspartate, carbonate and oxide)
Potassium (as potassium chloride, citrate and bicarbonate)
Vanadium (as bis-maltolato-oxovanadium)
Zinc (as zinc monomethionine) Selenium (selenomethionine)
Copper (as amino acid chelate) Manganese (as amino acid chelate)
Chromium (as chromium citrate) Molybdenum (as amino acid chelate)
Boron (as amino acid chelate) Silicon (as amino acid chelate)

Supports healthy muscle, connective tissue and skin

Riboflavin Folic Acid
Biotin Pantothenic acid
Phosphorus (as amino acid chelate) Vitamin B-6 (as pyridoxine HCl)
Thiamine (as thiamine HCl) Vitamin C (as ascorbic acid)
Boron (as amino acid chelate) Silicon (as amino acid chelate)
Calcium (as calcium lactate, citrate and bicarbonate)
Vitamin E (as d-alpha tocopheryl succinate)
Vitamin B-12 (as cyanocobalamin)

Supports cardiovascular health

Riboflavin Folic Acid
Biotin Niacin (as niacinamide)
Pantothenic acid Coenzyme Q10
Potassium (as potassium chloride, citrate and bicarbonate)
Calcium (as calcium lactate, citrate and bicarbonate)
Phosphorus (as amino acid chelate) Iodine (from kelp)
Vitamin B-6 (as pyridoxine HCl) Vitamin B-12 (as cyanocobalamin)

Provides antioxidant activity

Vitamin A (as beta-carotene) Coenzyme Q10
Vitamin C (as ascorbic acid) Citrus flavonoids
Betaine MSM (methylsulfonylmethane)
Alpha-Lipoic acid N-Acetylcysteine
Lutein (as esters from *Tagetes sp.*) Lycopene
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)

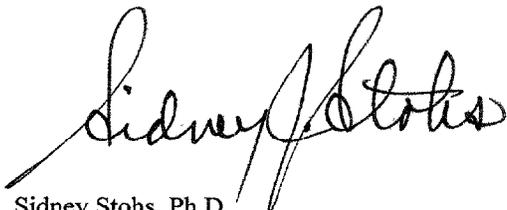
Provides immune system support

Vitamin A (as beta-carotene) Coenzyme Q10
Vitamin C (as ascorbic acid) Citrus flavonoids
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)
Betaine MSM (methylsulfonylmethane)
Alpha-Lipoic acid N-Acetylcysteine
Lutein (as esters from *Tagetes sp.*) Lycopene
Zinc (as zinc monomethionine) Vitamin D (as cholecalciferol)
Vitamin B-6 (as pyridoxine HCl) Vitamin B-12 (as cyanocobalamin)
Folic Acid Biotin

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,



Sidney Stohs, Ph.D.
Senior Vice President, Research and Development
AdvoCare International, L.P.