



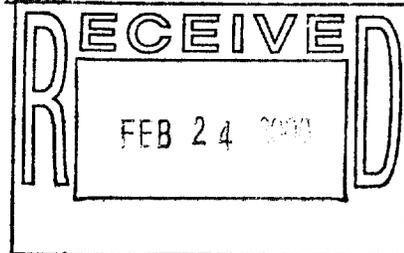
90 Orville Drive, Bohemia, NY 11716-2510 ■ Phone: (516) 567-9500 ■ Fax: (516) 567-1953

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February 14, 2000

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



Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our supplements listed below for one or more of the following brand names: American Health, Body Fortress, Good 'N Natural, Health's Finest, Heartland, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Puritan's Pride, US Nutrition and Vitamin World:

Vitamin A

- Vitamin A helps maintain the eyes, skin, bones, teeth, and a healthy immune system.
- Vitamins A and D help maintain bones and a healthy immune system
- Vitamin A assists in many other functions such as eyesight and skin maintenance.

Beta Carotene

- Beta Carotene is a provitamin A. The provitamin A converts to Vitamin A in your body as it is needed
- Vitamin A is essential for good vision, healthy skin and hair
- Beta Carotene helps protect the body against free radical formation which can cause damage to cells and tissues.

Vitamin C

- Vitamin C plays an important role in supporting immune function.
- As an antioxidant, Vitamin C helps neutralize harmful free radicals in cells.
- Vitamin C helps support the immune system during the winter season
- Vitamin C is also a potent antioxidant that helps protect the body's cells from damage by harmful free radicals

Vitamin D

- Vitamin D plays a role in the maintenance of calcium and phosphorus levels in the blood.
- Vitamin D is involved in proper bone mineralization.
- Vitamin D helps maintain bones and a healthy immune system.



A and D Vitamins

- Vitamins A and D help maintain bones and a healthy immune system.
- Vitamin A assists in many other functions such as eyesight and skin maintenance.

Vitamin E

- Vitamin E, a fat-soluble antioxidant, helps stabilize cell membranes and regulates oxidation reactions in the body.
- Vitamin E and Selenium, as a key component of an antioxidant enzyme, each protect cells from the harmful effects of free radicals.
- Vitamin E helps support healthy immune function.

Vitamin K

- Vitamin K is necessary for the formation of prothrombin, which is required for normal blood clotting.

B-Complexes

- The B-Complex is essential for the maintenance of a healthy nervous system.
- The B vitamins play a role in energy metabolism in the body.
- Choline and Inositol are essential components of cell walls and play important roles in cell growth and function.

Thiamin (Vitamin B-1)

- Vitamin B-1 (Thiamin) plays a role in the nervous system and energy metabolism.

Riboflavin (Vitamin B-2)

- A B-vitamin that aids in the metabolism of carbohydrates, proteins, and fats to produce vital energy for the body.
- Riboflavin also helps to support normal vision and skin health.

Niacin

- Niacin is a B-Vitamin that is part of a coenzyme needed for energy metabolism:
- Niacin helps maintain healthy functions of the nervous system, digestive system and skin.

Vitamin B-6

- Vitamin B-6 plays a role in protein and energy metabolism.
- Vitamin B-6 assists in the metabolism of homocysteine, an amino acid.

Folic Acid

- Helps Maintain Cardiovascular Health

Vitamin B-12

- Vitamin B-12 is essential for normal formation of blood cells.
- Vitamin B-12 contributes to the health of the nervous system.

Biotin

- Biotin is essential for the intermediate metabolism of carbohydrates, proteins and fats.
- Biotin plays a role in skin and hair health.



- Biotin assists in energy metabolism in cells.

Pantothenic Acid

- Pantothenic Acid is a factor in the B Complex vitamin group.
- Pantothenic Acid functions as a part of a key coenzyme that is necessary for the release of energy in cells and helps support a healthy nervous system.

Calcium

- Calcium plays a role in muscle contractions and nerve impulses.

Calcium/Magnesium/Boron

- Calcium, Magnesium and Boron play a role in bone metabolism.
- Calcium helps maintain healthy bones in adults.
- Magnesium helps to regulate calcium transport and is essential for proper bone mineralization.
- Calcium and Magnesium also play a role in muscle contractions and nerve impulses.

Calcium/Magnesium/Zinc

- Calcium and Magnesium play essential roles in maintaining proper bone mineralization.
- Calcium and Magnesium are also involved in muscle contractions and nerve impulses.
- Zinc is essential for cell division and growth.

Calcium Xtra

- Calcium, Magnesium and Vitamins A, D and C help maintain healthy bones in adults.
- Calcium and Magnesium also play a role in muscle contractions and nerve impulses.
- Vitamins A, D and C assist in maintaining a healthy immune system.
- Vitamin C plays a role in the absorption of iron in the intestines.
- Iron is a vital component of hemoglobin which carries oxygen from the lungs to all tissues of the body.

Iron

- Iron is an essential component of hemoglobin, the oxygen carrier in the blood.
- Iron plays a key role in energy utilization.

Magnesium

- Magnesium plays an essential role in maintaining proper bone mineralization.
- Magnesium is also involved in muscle contractions and nerve impulses.

Zinc

- Plays a role in over 300 enzymes in the body.
- Assists in the formation of DNA, the cell's genetic material.
- Is essential for cell division and growth.
- Assists in the proper functioning of the hormone insulin.
- Helps support immune function.



Selenium

- Selenium is an essential trace mineral that plays many important roles in the body:
- As a component of the antioxidant enzyme, glutathione peroxidase, selenium helps to protect cells from the harmful effects of free radicals.
- Selenium plays a role in the structure of teeth.
- As an integral part of the thyroid hormone, selenium assists in regulating the body's metabolic rate.
- Selenium helps support the immune system.

Manganese

- Manganese is necessary for normal skeletal development, nourishes the nerves and is needed for protein and carbohydrate production.

Chromium GTF

- Chromium is an essential trace element.
- Chromium is a key component of the glucose tolerance factor (GTF) that works with insulin in supporting glucose metabolism.

Potassium

- Potassium is essential for muscle activity and nerve transmission.
- Potassium aids in mineral balance of the blood work.
- Potassium works with sodium to regulate the body's water balance.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

A handwritten signature in black ink that reads "Ona Scandurra". The signature is fluid and cursive, with the first letter of each name being capitalized and prominent.

Ona Scandurra, MS, RD

Director of Nutrition Communications