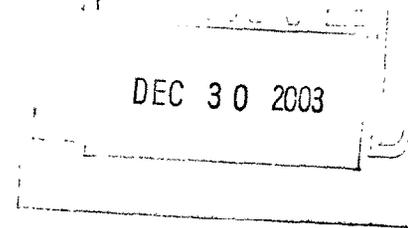


GENERAL VITAMIN CORPORATION
PO BOX 90044 RALEIGH NC 27675
919-929-5785 FAX 919-929-2294

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



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:

TODAY'S ESSENTIALS™
Daily Energizer
Sustained Release
Dietary Supplement
30 TABLETS

Supplement Facts

Serving Size 1 Tablet	Amount Per Serving
Daily Energizer Blend	1035 mg*
Guarana seed extract and guarana seed powder (102 mg caffeine), gotu kola leaf, yerba mate (Ilex paraguariensis) leaf extract (10% methylxanthines), green tea leaf extract, Jamaican ginger root, eleuthero root (0.8% eleutherosides)	
Standardized ginseng concentrate (4-5% ginsenosides)	1000 mg*
Asian ginseng root, American ginseng root	

* Daily Value not established.

Other ingredients: dicalcium phosphate, guar gum, calcium carbonate, microcrystalline cellulose, stearic acid, vegetable stearin, citrus pectin, magnesium stearate, silica, and pharmaceutical glaze.

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Distributed Exclusively by: **General Vitamin Corp.**
P.O. Box 900044, Raleigh, NC 27675 • 1-800-323-8482 • www.generalvitamin.com

This product is formulated with PHASED CONTROL™ nutrient delivery technology and is protected by US patent #5,292,518.

DIRECTIONS: As a dietary supplement, one table a day as needed.

CAUTION: NOT recommended for use by pregnant or lactating women or children under 12 years of age.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

The recommended dose of this product contains about as much caffeine as a cup of coffee. Limit the use of caffeine-containing medications, foods or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heart beat.

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 above stated product are listed below:

- Delivers controlled energizing effects.
- Made with botanical energizers: guarana, gotu kola, yerba maté, green tea and Jamaican ginger root.
- Includes adaptogenic herbs: standardized Korean ginseng, American ginseng and eleuthero to temper the effects of the energizing herbs.
- Formulated with PHASE CONTROL™ for controlled nutrient delivery.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Helps fight fatigue.
- Helps enhance endurance.
- Helps invigorate your body.
- Helps promote alertness.

Sincerely,
General Vitamin Corporation


Tom Lotrecchiano
President