

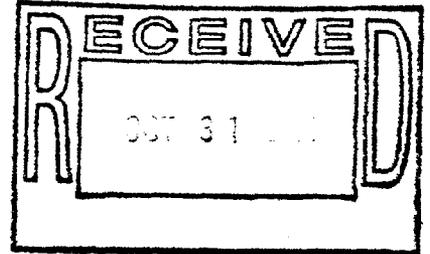


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October 23, 2000

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 Flex-A-Min supplement under one or more of the following brand names: American Health, Arthritis Research Corp., Body Fortress, Good 'N Natural, Health's Finest, Heartland, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Precision Engineered, Puritan's Pride, US Nutrition, Vitamin World:

- Flex-A-Min is designed for individuals wishing to nourish and enhance their cartilage and joint support matrix.
- Flex-A-Min's unique ingredients can help promote joint care.
- Scientific studies indicate that Glucosamine helps provide the building blocks for supporting cartilage.
- Chondroitin helps to maintain joint cartilage.
- MSM is an organic source of sulfur and synergistically enhances the benefits of Glucosamine and Chondroitin to support cartilage health.
- Flex-A-Min provides these key ingredients into a formulary matrix to help revitalize the cellular components within the joints.
- Glucosamine and Chondroitin Sulfate help to form and maintain this support matrix.
- Glucosamine and Chondroitin Sulfate act as lubricating factors.
- MSM contains sulfur, a mineral considered one of the building blocks of glycosaminoglycans.
- Each dynamic ingredient in Flex-A-Min plays a role in the complex connective tissue matrix that is responsible for cushioning joints and bones.

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

Sincerely,

Ona Scandurra, MS, RD
Director of Nutrition Communications

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