

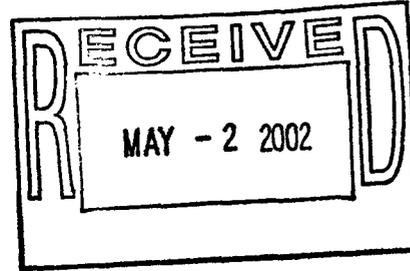
Tabak's
HEALTH PRODUCTS
A Corporation

Our Guiding Philosophy:
Superior, Science-Based
Nutritional Supplements

MT

April 29, 2002

Mr. Robert Moore
Food and Drug Administration
200 C. Street SW
Washington, DC 20204



Dear Mr. Moore,

In compliance with the final ruling for Dietary Supplements dated January 6, 2000
here are copies of our offers for your files:

Sincerely,

Cindy Nydell
Cindy Nydell

80390

Enclosures

97S 0162

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9999



Our Guiding Philosophy:
**Superior, Science-Based
Nutritional Supplements**

I, Lawrence Tabak, certify the accuracy of the information presented and contained in the notice is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

To the best of my knowledge and belief, I believe the above is true.

A handwritten signature in black ink, appearing to read "Lawrence Tabak", is written over a solid horizontal line.

Lawrence Tabak,
President

Free 30-Day Trial Personal Invitation

1647 CCDB1
CUSTOMER#1

No Risk To You
If at any time you would like
postage to respond to this offer or
return product, call 1-800-749-3937
for a postage paid reply label

[DATE]

[FINDER #]

[Firstname Lastname]
[Street Address]
[City, State Zipcode]
[Barcode]

[Firstname, sign the back. Correct address if needed.]

[Tear Here and Mail Today!]

Are You Serious About Losing Weight?
Don't Buy Any Diet Product Until You Read This. . .

[Firstname] [Lastname]
[Street Address]
[City], [State] [Zipcode]

[MONTH] [DAY], [YEAR]

Dear [Firstname],

Have you had it with fad diets? Weight-loss programs that promise but don't deliver? Just plain throwing your hard-earned money down the drain?

Wouldn't it be great if somebody made a diet product so good, they'd let you try it out - and actually lose weight - before you decided to buy it? Somebody with enough confidence in their product to let it sell itself?

Well, that somebody is me. And the product I'd like to send you, on a free 30-day trial basis, is Nature's Shape™ - an all-natural diet supplement with ingredients proven to help you achieve your weight loss goals.

It's Easy to Use

There's no starvation. No counting calories. Nothing to mix. Nothing extra to buy.

Just the opposite. Simply swallow one or two Nature's Shape™ capsules with a glass of water.

It can help you lose inches from your waist. Thighs. Hips. Buttocks. Plus, you'll be amazed at how quickly it can work.

That's exactly why I'm offering you this amazing 30-day free trial. Because you can begin to see and feel results in just days! In fact, I'm confident that once you start using Nature's Shape™ as part of your overall healthy diet and exercise plan, you'll want to continue to take it.

Why am I so sure you'll love it[, Firstname]? Here's three more good reasons:

Reason #1: Appetite reduction. Nature's Shape™ helps you resist snacking and overeating by

(Please turn over)

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30-DAY FREE TRIAL

Mail To

Tabak's Health Products
3198 Airport Loop Drive, Suite G
Costa Mesa, CA 92626-3407

YES! I want to slim down and enjoy the figure (and waistline) I've always dreamed about. Please rush my **FREE 30-DAY TRIAL** of all-natural Nature's Shape™. It will help to decrease my appetite and increase my energy.

If I don't want Nature's Shape™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time.

P.S. You'll also enclose my **ABSOLUTELY FREE** "Secrets to Natural Weight Loss Guide" - mine to keep no matter what.

(Make Corrections To Your Name or Address on Other Side if Needed)
Tear Here and Mail Invitation Today!

X

Sign name here

-2-

making you feel really full.

Reason #2: Increased energy. Nature's Shape™ helps boost your metabolism. The result? More energy to get you through the day.

Reason #3: Nature's Shape™ is made from herbal extracts and is all-natural.

Give Nature's Shape™ a real test - risk free! If you like what it does for you, just pay the bill that comes with it. But if for any reason you decide it's not for you, just return the empty container within 30 days. Pay nothing. Owe nothing. That will be that. No questions asked.

Don't Take My Word on It - Judge for Yourself!

Tear off your personal invitation. Sign it. Pop it in the mail.

We'll rush you a full month's supply of Nature's Shape™. So you can give it a real test. . . and then decide.

Since there's absolutely no risk to you, do it today!

To your beautiful new look,

Warmly,



Shaunna Stokes
For Nature's Shape™

P.S. Don't buy any diet product! Instead, just try Nature's Shape™, then decide.

P.P.S. With this free trial offer, what do you have to lose - except those extra pounds? Send for it today!

Supporting References

- 1 Astrup A, et al "Pharmacological and clinical studies of ephedrine and other thermogenic agonists" *Obes Res* 1995 Nov;3 Suppl 4 537S-540S
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- 3 Bernstein GA, et al "Caffeine effects on learning, performance, and anxiety in normal school-age children" *J Am Acad Child Adolesc Psychiatry* 1994 Mar-Apr;33(3) 407-15

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[Firstname, Lastname]
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[City, State Zipcode]
[Barcode]

[Firstname, sign the back. Correct address if needed.] [Tear Here and Mail Today!]

Why Do Millions Take Glucosamine and Chondroitin?
Read this to Find Out if You Should. . .

To: [Firstname] [Lastname]
[Street Address]
[Cityname], [ST] [Zipcode]

[Month] [Date], [Year]

Dear [Firstname],

Have you ever heard of Glucosamine? Chondroitin?

The third most popular supplement in America is the combination
of Glucosamine and Chondroitin.

Why? Here's six good reasons:

- o They're found naturally in your body.
- o They're not foreign chemical substances. They don't cause unpleasant side effects.
- o Glucosamine stimulates the normal formation of cartilage.^{1,2}
- o Chondroitin prevents other enzymes in your body from damaging the building blocks of cartilage².
- o Cartilage is the "cushioning" agent that keeps your bones from grinding together. When it wears away, particularly in weight-bearing joints like your knees, back and neck, it can cause real discomfort. Glucosamine and Chondroitin support and maintain healthy cartilage.
- o When you're young, your body produces plenty of Glucosamine and Chondroitin. But as you get older, you lose the capacity to make enough. These natural ingredients help counter that effect.

Want to hear more good news[, Firstname]: GluChon 1500™ contains both Glucosamine and Chondroitin, as well as vitamin C and Manganese. Moreover, you can try it out with no risk.

I've reserved a full month's supply of GluChon 1500™ for you to try. . .

Free for 30 Days!

That means send no money now. Not a penny. Just

(Please turn over)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

30-DAY FREE TRIAL

YES! I want to maintain joint comfort and promote the normal formation of healthy joint cartilage. Please rush my **FREE 30-DAY TRIAL** of all-natural GluChon 1500[™]

If I don't want GluChon 1500[™] for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time.

Mail To:

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Costa Mesa, CA 92626-3407

X

Sign name here

Mail Free Trial Certificate Today!

- 2 -

tear off your free trial certificate. Sign it. Pop it in the mail.

GluChon 1500[™] will be rushed to you. Just "try" it. I think you, too, will be amazed at how it helps maintain healthy cartilage, tendons and ligaments.³ Provides the natural building blocks essential for healthy joints.⁴ Promotes the growth of vital joint cartilage and synovial fluid.^{5,6}

And it does all this naturally. Safely. Gently.

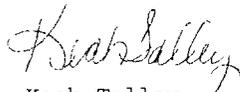
But you be the judge. Send in your certificate today. We'll rush your 30-day supply of GluChon 1500[™] on a free trial basis, so you can discover what millions have already learned - that healthy joints let you do more things you enjoy. Taking walks. Playing with your children or grandchildren. Working in the shop or the garden. Even dancing!

Use it for a Full Month, then Decide.

If you're satisfied, pay the bill that comes with it. If not, for any reason, simply return the empty container and owe us nothing. No questions asked.

Since there's no risk - none at all - mail your free 30-day trial certificate now.

Sincerely,



Keah Talley
For GluChon 1500[™]

P.S. Find out why millions swear by Glucosamine and Chondroitin. Pop your certificate in the mail. Do it today!

P.P.S. Remember - send NO money now - just your free trial certificate.

Supporting References

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- 2 American Academy of Orthopaedic Surgeons "AAOS Research Committee fact sheet, Osteoarthritis" June 2001
- 3 Reginster JY, et al "Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomized, placebo-controlled clinical trial" Lancet 2001 Jan 27;357(9252) 251-6
- 4 Vidal y Piana R R, et al "Glucosamine: its value for the metabolism of articular cartilage" 1 Biochemistry of proteoglycans, studies on in-vitro cultures of embryonal mouse fibroblasts and bone germs" Fortschr Med 1980 Apr 17;98(15) 557-62
- 5 Lippello L, et al "In vivo chondroprotection and metabolic synergy of glucosamine and chondroitin sulfate" Clinical Orthopedics 2000 Dec;(381) 229-40
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Free 30-Day Trial

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[Barcode]

[Firstname, sign the back. Correct address if needed.]

[Tear Here and Mail Today!]

Attention Men Over 40:
How to Keep Your Prostate Healthy - And Your Partner Happy!

[Firstname] [Lastname]
[Street Address]
[City], [State] [Zipcode]

[MONTH] [DAY], [YEAR]

Dear [Firstname],

What's the size of a walnut? Weighs about an ounce? And can
cause you serious grief?

Your prostate!

I'm not trying to scare you. But facts are facts: If you're a
man over 40, the odds are your prostate's going to go on the
fritz.

Why is this important[, Firstname]? Lots of reasons, many of
which you probably already know. But here's one you may not:

Your prostate gland is a vital part of your reproductive
system. It serves a critical sexual function. And when it acts
up, a common result is. . .

Your Sex-Life Hits the Skids!

Just imagine what that could mean to you? To your partner? To
your relationship?

It would change your life completely, wouldn't it?

But it doesn't have to be that way. You can help keep your
prostate healthy. As part of your healthy diet and exercise
program, take all-natural ProstLo™. It contains a special blend
of ingredients proven to maintain a healthy prostate and enhance
your natural sexual power.

And here's more good news[, Firstname]:

A Free 30-Day Trial of ProstLo™ is Waiting for You!

Just tear off your Free Trial Certificate. Sign it. Pop it in
the mail. And try it out free - on us - for 30 days. Put these
potent prostate defenders to work for you - with no risk:

- ❖ **Selenium:** A report published in the British Journal of
Urology found daily intake of selenium enhanced prostate
health in a statistically meaningful way.¹
- ❖ **Zinc:** Increased intake has been found to aid

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

30-DAY FREE TRIAL

YES! I want to promote wellness in my prostate and enhance my sexual energy. Please rush my **FREE 30-DAY TRIAL** of ProstLo™ via first class mail.

If I don't want ProstLo™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time.

Mail To:

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Costa Mesa, CA 92626-3407

X

Sign name here

Mail Free Trial Certificate Today!

-2-

healthier prostate function.²

- ❖ **Saw Palmetto Extract:** Study after study have shown this powerful healing herb has dramatic effects on prostate wellness.^{3,4}
- ❖ **Pygeum Africanum and Stinging Nettle:** This herbal combination is so potent medical doctors throughout Europe recommend it for advanced prostate protection.^{5,6}

Any of these tested ingredients taken alone would increase your odds of avoiding prostate problems, but it's their combined power that puts you way ahead of the pack.

Listen. If you're over 40, the chances are better than 50/50 that prostate trouble is in your future. That means doing nothing is a lousy bet!

Do the smart thing! Start protecting your prostate now. It's easy to get started, with your free 30-day trial of ProstLo™.

Send for it. Try it for yourself, and then decide. After a month, if satisfied, pay the bill that comes with it. If not, simply return the empty container and owe us nothing. No questions asked.

Any way you look at it, that's "more than fair." So start protecting your prostate now. Don't wait another day.

Sincerely,



Raymond Reyes
For ProstLo™

P.S. Keep your prostate healthy - and your partner happy! A free 30-day trial of ProstLo™ is waiting for you. Just tear off your certificate. Sign it. Mail it today!

P.P.S. To ensure your privacy, your 30-day free trial of ProstLo™ will arrive in a plain brown package.

Supporting References

- 1 Clark LC, et al. "Decreased incidence of prostate cancer with selenium supplementation: results of a double-blind cancer prevention trial." *British Journal of Urology* 1998 May;81(5):730-4
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- 3 Gerber GS. "Saw palmetto for the treatment of men with lower urinary tract symptoms." *Journal of Urology* 2000 May;163(5):1408-12
- 4 Wilt TJ, et al. "Phytotherapy for benign prostatic hyperplasia." *Public Health and Nutrition* 2000 Dec;3(4A):459-72
- 5 Ishani A, et al. "Pygeum africanum for the treatment of patients with benign prostatic hyperplasia: a systematic review and quantitative meta-analysis." *American Journal of Medicine* 2000 Dec 1;109(8):654-64
- 6 Koch E. "Extracts from fruits of saw palmetto (*Sabal serrulata*) and roots of stinging nettle (*Urtica dioica*): viable alternatives in the medical treatment of benign prostatic hyperplasia and associated lower urinary tracts symptoms." *Planta Med* 2001 Aug;67(6):489-500

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30-DAY FREE TRIAL

Mail To
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Costa Mesa, CA 92626-3407

YES! I want healthier, fuller, thicker-looking hair. Please rush my **FREE 30-DAY TRIAL** of Here-We-Grow™ - a revolutionary new hair supporting formula. If I don't want Here-We-Grow™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$29.97 plus shipping and continue to receive a fresh supply each month with a bill. I may cancel future shipments at any time.

(Make Corrections To Address on Other Side if Needed)

X

Sign name here

Mail Certificate Today!

- 2 -

hair follicle assembly line right now!

How? The answer is simple. By giving your body a steady supply of keratin-building nutrients to help build healthy hair. Nutrients most of us just don't get enough of in our daily diet.

And you can get those natural hair-energizing nutrients in a new supplement called Here-We-Grow™. To make your hair look thicker. Healthier. Fuller.^{4,5,6}

Here-We-Grow™ contains no chemicals. No drugs. Nothing with side effects. It's easy to take. Safe. Convenient. And completely natural.

Best of all, you can prove that Here-We-Grow™ will work for you. With no risk. Here's how:

Tear off your Free Trial Certificate. Sign it. Pop it in the mail.

Try Here-We-Grow™ for a full month. You be the judge. If you're satisfied, simply pay the bill that comes with it. If not, just return the empty container and owe nothing. Not one red cent.

That's how confident we are that Here-We-Grow™ will have a positive effect on your hair. But don't take our word for it. Let your own mirror tell the story.

Send for your No Risk 30-Day Free Trial today!

Sincerely,



Robert Rendon
For Here-We-Grow™

P.S. Remember, it's not all hereditary. Here-We-Grow™ promotes healthier, richer, fuller-looking hair - naturally! It supplies the vital nutrients that support normal hair growth.

P.P.S. Send for your Free 30-Day Trial. The sooner you do, the sooner you'll enjoy a head of hair you'll be proud of.

Last minute P.S. Don't send any money now. Instead, grab your Free Trial Certificate. Mail it. Today!

Supporting References

- 1 Rubin MB. "Androgenetic alopecia: Battling a losing proposition." *Postgrad Med* 1997 Aug;102(2):129-31,136
- 2 Reborn A. "telogen effluvium." *Dermatology* 1997;195(3):209-12
- 3 Bergfeld WF, Mullinari-Brenner, F. "Shedding: how to manage a common cause of hair loss." *Cleve Clin J Med* 2001 Mar;68(3):256-61
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- 6 Weismann K, et al. "Hair Changes Due to Zinc Deficiency in a Case of Sucrose Malabsorption." *Acta Derm Venereol* 1981 61(5):444-7

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[Tear Here and Mail Today!]

How to Have Thicker, Fuller, Denser Looking Hair

[Firstname] [Lastname]
[Street Address]
[City], [State] [Zipcode]

[MONTH] [DAY], [YEAR]

Dear [Firstname],

Is thinning hair making you look older? Do you keep rearranging your hair to cover the "thin spots?" Are you tired of wearing a hat - even indoors?

Ready to do something about it?

Listen [Firstname,] while some degree of hair loss is inevitable as you age,¹

Much of it is Entirely Up to You.^{2,1}

Surprised? Don't worry, so was I. Here's what you need to know:

When your hair is healthy, about 90% of it is growing at any given time, while the other 10% rests. The rested hair is then shed, and new hair sprouts up in its place. The cycle then begins anew.

Sounds simple. But it's not. Your hair follicle cells have to work fast. Dividing rapidly. Producing keratin - a key substance that makes up your hair. Think of your hair follicle cells as an assembly line.¹ This fervor of activity makes these "keratin-manufacturing cells" extremely sensitive to nutrient deficiencies.

Why is this important [Firstname]?

Simply because any vitamin/mineral deficiency is like a power outage in the factory. The line grinds to a halt. Cells stop making keratin. The result? The percentage of your hair in the resting stage rapidly increases.

Worst of all, because it's "rested" it falls out faster than new hair can sprout!

That's when you notice hair - not on your head - but on your brush. On your comb. Is that you [Firstname]?

If so, you can help re-start your

(Please turn over)

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