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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

DEC 30 2003

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:

97S 0162 LET 13585

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TODAY'S ESSENTIALS™
WOMEN'S MULTI PLUS
HIGH POTENCY MULTI-VITAMIN AND MINERAL SUPPLEMENT
30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin D (as ergocalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	150 mcg	188%
Thiamin (as thiamin HCl) (vitamin B-1)	25 mg	1667%
Riboflavin (vitamin B-2)	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	60 mg	600%
Calcium (as proteinate complex)	250 mg	25%
Iron (as proteinate complex)	4.5 mg	25%
Iodine (from kelp)	150 mcg	100%
Magnesium (as proteinate complex)	125 mg	31%
Zinc (as monomethionine)	15 mg	100%
Selenium (as proteinate complex)	100 mcg	143%
Copper (as proteinate complex)	1 mg	50%
Manganese (as proteinate complex)	2 mg	100%
Chromium (as polynicotinate)	120 mcg	100%
Molybdenum (as proteinate complex)	50 mcg	67%
Spirulina	250 mg	†
	40 mg	†

Female Complex

Proprietary blend of Chasteberry (*Vitex agnus-castus* fruit) (standardized 0.5% [50 mcg] agnuside, 0.6% [60 mcg] aucubin); Damiana (whole herb); Dong Quai (*Angelica sinensis* root); Black Cohosh (*Cimicifuga racemosa* root and rhizome) (standardized 2.5% [0.25 mg] triterpene glycosides)

Choline (as bitartrate)	30 mg	†
Inositol	30 mg	†
Ostivone® (ipriflavone)	25 mg	†
Novasoy® (soy extract) (standardized to 40% [8 mg] isoflavones)	20 mg	†
Lipase (from brown rice fermentation)	10 mg	†
Amylase (from brown rice fermentation)	5 mg	†
Lactase (DairyMate®)	5 mg	†
Protease (from brown rice fermentation)	5 mg	†
Lutein (active carotenoid from marigold flower extract)	2 mg	†
Boron (as citrate)	1 mg	†

† Daily Value not established.

Other ingredients: Cross carmellose sodium, magnesium stearate, silica, stearic acid and pharmaceutical glaze.

Distributed Exclusively by: **General Vitamin Corp.**

P.O. Box 900044, Raleigh, NC 27675 • 1-800-323-8482 • www.generalvitamin.com

A well-rounded formulation specially created for a woman's body, **WOMEN'S MULTI Plus** offers multiple sources of support. Essential vitamins include high-potency folic acid, vitamin C and all B vitamins. All-important iron, bone-supporting minerals, soy isoflavones and lutein are complemented by standardized herbs known to offer particular support to a woman: black cohosh, damiana, dong quai and chasteberry.*

DIRECTIONS: As a dietary supplement, one tablet a day.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

*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:

- Contains 800 mcg of folate, which may reduce the risk of certain neural tube birth defects.
- Made with organically bound minerals for optimal absorption.
- Includes proprietary Female Complex with Chasteberry, Damiana, Dong Quai, and Black Cohosh, renowned for their healthful feminine effects.
- Formulated with 25 mg of Ostivone® (ipriflavone) and 20 mg Novasoy® soy isoflavone extract, standardized to 40% (8 mg) isoflavones for healthful levels of phytoestrogens.
- Comes in a convenient single tablet.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Supports general well-being in women. Supports healthy fetal development.
- Provides healthful levels of phytoestrogens.
- Contains 800 mcgs of folate, which may reduce the risk of certain neural tube birth defects.
- Supports healthy antioxidant function. Supports healthy free radical elimination.
- Supports healthy cardiovascular function. Supports healthy circulation.
- Supports healthy blood. Supports healthy heart function.
- Supports healthy collagen, collagen formation, collagen growth and repair.
- Supports healthy connective tissues. Supports healthy joints.
- Supports healthy energy production. Supports healthy metabolism.
- Supports healthy brain function. Supports ocular/eye health.
- Supports healthy digestion/digestive function. Supports healthy bones.

Sincerely,
General Vitamin Corporation



Tom Lotrecchiano
President