

GENERAL VITAMIN CORPORATION
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DEC 30 2003

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:

97S 0162 LET

13592

86953

TODAY'S ESSENTIALS™

PRENATAL 100

Dietary Supplement
30 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value†
Vitamin A (as beta carotene)	8000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin HCl) (vitamin B-1)	1.7 mg	100%
Riboflavin (vitamin B-2)	2 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	2.5 mg	100%
Folate (as folic acid)	800 mcg	100%
Vitamin B-12 (as cyanocobalamin)	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Calcium (as proteinate/complex)	250 mg	19%
Iron (as proteinate/complex)	18 mg	100%
Phosphorus (as proteinate complex)	100 mg	8%
Iodine (from kelp)	150 mcg	100%
Magnesium (as proteinate/complex)	125 mg	28%
Zinc (as gluconate)	15 mg	100%
Copper (as gluconate)	2 mg	100%

† Daily Value for pregnant or lactating women.

Other ingredients: Di-calcium phosphate, magnesium stearate, stearic acid, silica and pharmaceutical glaze.

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

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

PRENATAL 100 is a high-quality vegetarian vitamin and mineral supplement providing 100% of the pregnancy Daily Value for all vitamins and a select profile of essential minerals designed to complement the daily diet.

DIRECTIONS: As a dietary supplement for pregnant women, 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.

The text of the statements that are being made in regards to the above stated product are listed below:

- Supplying vitamins and minerals needed for the healthy fetal development.
- Contains 800 mcg of folate, which may reduce the risk of certain neural tube birth defects.
- Includes only natural vitamins and minerals for superior nutrition.
- Formulated with high potency B-complex vitamins to deliver the energy-liberating nutrients pregnant women require.
- Fortified with 18 mg of iron and 250 mg of calcium, minerals that are strongly recommended during pregnancy.
- Comes in a convenient single tablet.
- 100% vegetarian.
- Contains no artificial colors or additives.
- Supports general well-being. Supports healthy fetal development.
- 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 hair, skin and nails. Supports healthy energy production.
- Supports healthy metabolism. Supports healthy brain function.

Sincerely,
General Vitamin Corporation


Tom Lotrecchiano
President