

**GENERAL VITAMIN CORPORATION**  
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**919-929-5785 FAX 919-929-2294**

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:

**TODAY'S ESSENTIALS™**  
**COMPLETE B COMPLEX 75 MG**  
DIETARY SUPPLEMENT  
30 TABLETS

<b>Supplement Facts</b>		
Serving Size 1 Tablet		
<b>Amount Per Serving</b>		<b>% Daily Value</b>
Thiamin (as thiamin HCl) (vitamin B-1)	75 mg	5000%
Riboflavin (vitamin B-2)	75 mg	4412%
Niacin (as niacinamide)	75 mg	375%
Vitamin B-6 (as pyridoxine HCl)	75 mg	3750%
Folate (as folic acid)	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	75 mcg	1250%
Biotin	75 mcg	25%
Pantothenic Acid (as calcium pantothenate)	75 mg	750%
Inositol	75 mg	†
Choline (as bitartrate)	32 mg	†
PABA (para-aminobenzoic acid)	30 mg	†

† Daily Value not established.

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