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Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

September 23, 2003

OCT - 6 2003

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 Lecithin Granules supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Herbal Authority, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition, and Vitamin World:

Ingredients: Iron, Phosphorus, Potassium, Phosphatidyl Choline, Phosphatidyl Inositol, Linoleic Acid, Linolenic Acid.

- Supports/Promotes Mental Function & Nerve Cell Health
- Lecithin is an important natural source of choline, inositol, and linoleic acid. Choline and Inositol are vital components of cell membranes, and play important roles in cell growth and function.

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

Sincerely,


 Joanne DeCandia, MS, RD
 Director of Nutrition Communications

JD/dc

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