

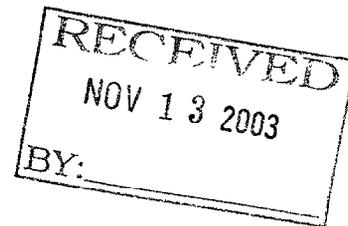
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November 6, 2003

VIA OVERNIGHT MAIL

Office of Special Nutritionals  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Pkwy.  
College Park, MD 20740

Re: Statement of Nutritional Support Notification



Dear Sir or Madam:

In accordance with 21 U.S.C. § 343(r) and 21 CFR § 101.93, NutriSystem, Inc., 200 Welsh Road, Horsham, PA 19044, hereby submits an original and two copies of its notification within 30 days of first marketing its products with the statements presented below, which are appearing on the label and any related labeling:

Supplement Brand Name: Sure Start™

Text of Statements of Nutritional Support:

- A unique combination of special protein, calcium and fiber to help support weight loss
- High quality milk protein helps you maintain the lean muscle mass you need to support healthy weight loss.
- Milk calcium has been shown to help in weight loss and weight management by helping the body burn more fat.
- Beneficial soluble fiber in each serving supports good blood sugar levels while helping manage hunger and cravings.
- Sure Start™ Logo (*Headline*) Support Your Weight Loss
- Sure Start™ is a scientifically formulated weight loss supplement designed to support you nutritionally and help you lose weight more efficiently.
- When taken during the first month of your NutriSystem Nourish™ program (or a similar low-calorie diet including exercise) Sure Start™ can help you burn more fat and support your weight loss - without changing the taste of your food.
- Sure Start™ is formulated to help you get the protein your body needs to maintain lean muscle mass; and the soluble fiber that you need to help control your hunger and prevent those diet shattering cravings.

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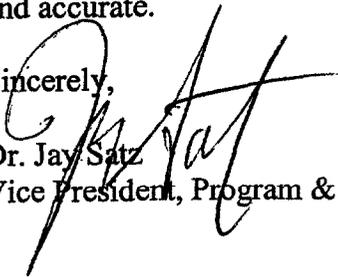
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NutriSystem, Inc. certifies that it possesses substantiation that these statements are truthful and non-misleading, and that the information contained in this notice is complete and accurate.

Sincerely,

  
Dr. Jay Satz  
Vice President, Program & Product Development