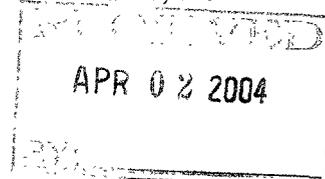




Office of Nutritional Products
 Labeling and Dietary Supplements (HFS-810)
 Center for Food Safety and Applied Nutrition
 U.S. Food and Drug Administration
 5100 Paint Branch Parkway
 College Park, MD 20740

March 15, 2004



Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

AdvoCare International, L.P.
 2727 Realty Road, Suite 134
 Carrollton, TX 75006

Product Name: Fiber 10

Statement(s)

Basis for Statement

Assists in the transport and removal of dietary fats and bile acids from the gastrointestinal tract and aids in the elimination of waste products.

Psyllium husk	Oat Fiber
Carboxymethylcellulose	Guar Gum
Citrus pectin	Butternut bark powder
Black Walnut hull extract	Rhubarb root extract

Fiber 10 supplement contains ingredients that include antioxidants, digestive enzymes and probiotics designed to protect the intestinal lining, support intestinal functions, and enhance the function of dietary fiber.

Papaya fruit powder	Prune powder
Citric Acid	Vitamin C (ascorbic acid)
Vitamin A	Butternut bark powder
Black Walnut hull extract	Rhubarb root extract
Lipase	Cellulase
Protease	Lactobacillus acidophilus
Bifidobacterium bifidum	

Use of Fiber 10 supplement provides a feeling of fullness, which helps curb appetite.

Psyllium husk	Oat Fiber
Carboxymethylcellulose	Guar Gum
Citrus pectin	

Fiber 10 supplement's combination of fibers is designed to support intestinal functions and help maintain cholesterol levels that are already in the normal range.

Psyllium husk	Oat Fiber
Carboxymethylcellulose	Guar Gum
Citrus pectin	

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,


 Sidney Stohs, Ph.D.
 Senior Vice President, Research and Development
 AdvoCare International, L.P.

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