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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

December 16, 2004

JAN - 7 2005

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 CalciCare 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, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

Ingredients: Calcium, Psyllium

- Colon Health Complex
- Supports Colon Health
- Diet, fat consumption and fiber content - all can impact the health of the colon.
- CalciCare contains both Calcium and Psyllium - two ingredients important for health.
- Some scientific studies indicate that Calcium may support healthy cell growth in the colon.
- Psyllium contains fiber, which is known to support digestive and colon health.
- This combination is an excellent choice for promoting colon care.

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

Sincerely,

Angelica S. Vrablic, Ph.D.  
Manager, Nutrition Research

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