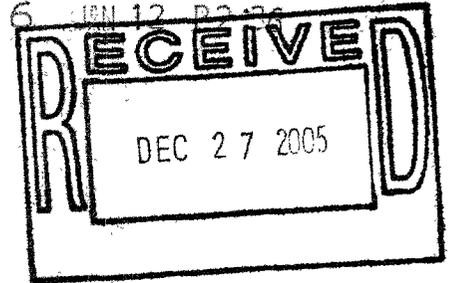




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December 14, 2005

Food and Drug Administration
Office of Special Nutritionals (HFS-800)
Center for Food Safety and Applied Nutrition
200 C Street, SW
Washington, DC 20204

Dear Sirs:

Notice is hereby given pursuant to the requirements of section 403(r)(6)(21 U.S.C. 343 (r)(6)) of the Federal Food, Drug, and Cosmetic Act in accordance with the requirements of 21 CFR101.93, that Swanson Health Products, 4075 40th Avenue SW, Fargo, ND 58104, within the past 30 days commenced marketing a dietary supplement bearing the following statement(s) on the label and/or in the labeling:

Product Name	Relevant Dietary Ingredient(s)	Structure/Function Claim
Swanson Calcium Citrate Complex	Calcium citrate, Calcium carbonate	Supports Healthy Bones*
Swanson TriCalcium Complex with D & K	Vitamin D, Vitamin K-1, Calcium	Supports Healthy Bones*

Each label statement is accompanied by the following disclaimer:

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

The undersigned certifies that the information contained in this notice is complete and accurate and that Swanson Health Products has substantiation that the statements are truthful and not misleading.

Sincerely,

R England
Roxanne England
Compliance Specialist

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