



The Vitamin Marketing Experts

March 9, 1998

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Dr. Elizabeth Yetley
Director of the Office of Special Nutritionals
Division of Programs and Enforcement Policy
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street
HFS-455
Washington, D.C. 20204

Dear Dr. Yetley:

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 of statements of nutritional support which have been made on the label and/or in the labeling in connection with the marketing of the dietary supplement FAMILY ESSENTIALS™ WITH REFERENCE TO ANY CLAIM CONCERNING B VITAMINS (B-1, B-2, B-6, NIACIN & B-12). FAMILY ESSENTIALS™ WITH REFERENCE TO ANY CLAIM CONCERNING B VITAMINS (B-1, B-2, B-6, NIACIN & B-12) were first marketed with these statements of nutritional support on Friday, March 6, 1998. The statements of nutritional support are as follows:

"Which are necessary to the body's energy producing capabilities"

"Which have been shown in new research to help lower blood levels of homocysteine near the heart"

"Supports the changes that come with a woman's menopausal phase"

"Essential for utilization of proteins and carbohydrates"

"Helps in formation of red blood cells and antibodies"

"B-6 enhances the immune system"

"The added B-6 in this formula plays a supportive role in the transition and the changes that come with a woman's menopausal phase"

Very truly yours,

MASON VITAMINS, INC.

Sonia C. Rodriguez
VP Marketing & Regulatory Affairs

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STUDIES FOR B VITAMINS (B-1, B-2, B-6 NIACIN & B-12) CLAIMS

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