

**NOTIFICATION PURSUANT TO**  
**SECTION 6 OF DSHEA**

6286 '98 SEP 21 P1:53

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® PhenCal™ Product #12783 and Great American Nutrition® PhenCal™ Products #52489, #52312, #52330, #52335, #52336, #52337, #52344 and #52345** bearing the statement(s) set out below:

**Weider Nutrition International, Inc.**  
2002 South 5070 West  
Salt Lake City, Utah 84104



The text of each structure-function claim for **2700 mg dl-phenylalanine, 300 mg L-tyrosine, 150 mg L-glutamine, 6 or 15 mg L-5-hydroxytryptophan, 60 mg L-Carnitine, 30 mg Vitamin B6 and 200 mcg Chromium (as picolinate)** is as follows:

- (Statement 1) PhenCal provides a patented combination of amino acids, vitamins, and minerals as part of a sensible diet and exercise program (see enclosed insert)
- (Statement 2) PhenCal contains the amino acids DL-Phenylalanine, L-Glutamine, L-Tyrosine and 5-Hydroxytryptophan, which are all precursors for formation of neurotransmitters in brain cells. Neurotransmitters control brain events by transmitting signals between brain cells. Neurotransmitters control brain events by transmitting signals between brain cells. L-Carnitine is an amino acid derivative that helps transport fat inside cells. Chromium is an essential trace mineral with roles in carbohydrate and fat metabolism. Pyridoxal-5-phosphate is the coenzymatic form of Vitamin B6, which is important for function of enzymes that manufacture neurotransmitters.
- (Statement 3) **How PhenCal works** -- PhenCal normalizes the "Reward System" in your brain by maintaining levels of neurotransmitters involved in control of eating behavior. When normal neurotransmitter function is maintained, food intake can be controlled, and carbohydrate binging and craving can be reduced. In a human clinical trial, PhenCal promoted weight loss at levels comparable to those shown in other clinical trials for prescription treatments, and subjects had reduced carbohydrate binging and craving. In another human trial, PhenCal, when administered after a weight loss program, reduced the amount of weight regain in a two year time period.
- (Statement 4) The natural weight loss alternative.
- (Statement 5) Helps reduce carbohydrate binging and craving

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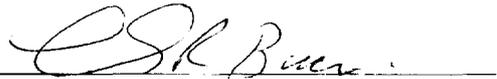
- (Statement 6)** Helps reduce weight regain
- (Statement 7)** This unique formula provides the nutrients for your customers to stay on their diet and achieve the positive results they want.
- (Statement 8)** Patented formula: The combination of amino acids found in PhenCal are precursors to neurotransmitters which are responsible for the control of eating behavior. When proper neurotransmitter function is maintained, food intake can be controlled.
- (Statement 9)** Clinical studies: In a 90-day trial, participants using PhenCal reduced carbohydrate binging and craving and lost an average of 27 pounds. In addition, a two-year clinical study showed that the PhenCal used was less likely to regain the lost weight than someone who had not used PhenCal.
- (Statement 10)** Healthy diet plan: Offered with every PhenCal product is a healthy diet and exercise plan with tips necessary for your customers to achieve a leaner, healthier body.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 8th day of September, 1998.

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI  
Vice President of Research