

"Products great enough to put your name on.™"

RELIANCE VITAMIN COMPANY, INC.

185 Industrial Parkway - Unit B

Branchburg, NJ 08876-3484

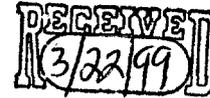
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March 19, 1999

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, DC 20204



Dear Sir or Madam:

This is notification that Reliance Vitamin Company, Inc. of Branchburg, New Jersey has marketed eight products with structure/functions label claims as permitted under the Dietary Supplement Health and Education Act of 1994. Each of these products was sold into interstate commerce starting February 23, 1999.

BRAND NAME	PRODUCT NAME	STRUCTURE/FUNCTION CLAIMS
Foremost Supplements	"Mood Support"	"Mood Support", "helps support a normal positive outlook"
Foremost Supplements	"Brain Support"	"Brain Support", "helps support normal brain function"
Foremost Supplements	"Vision Support"	"Vision Support", "helps support normal vision"
Foremost Supplements	"Osteo Support"	"Osteo Support", "helps support normal bone health"
Foremost Supplements	"Cardio Support"	"Cardio Support", "helps support a healthy cardio-vascular system"
Foremost Supplements	"Fem Support"	"Fem Support", "helps support a woman's health during normal mid-life changes"
Foremost Supplements	"Immune Support"	"Immune Support", "helps support a healthy immune system"
Foremost Supplements	"Joint Support"	"Joint Support", "helps support normal joint health"

I certify that I believe the information presented and contained within this notice to be accurate and, that I believe the company has substantiation that the statements found herein are truthful and not misleading.

Sincerely,

Ken Choat
Manager, Regulatory Affairs

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