



ADVOCARE®
We Build Champions

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February 25, 2004

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Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

AdvoCare International, L.P.
2727 Realty Road, Suite 134
Carrollton, TX 75006

Product Name: C-Grams

Statement(s)

Basis for Statement

Promotes and supports numerous metabolic processes

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)
Mixed citrus flavonoids
L-lysine

Enhances energy production

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)

Supports healthy immune function

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)
Mixed citrus flavonoids

Supports cardiovascular fitness

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)
L-lysine

Improves strength and elasticity of skin, blood vessels and other body tissues

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)
L-lysine
Mixed citrus flavonoids

Greater responsiveness to stress

Vitamin C (potassium/magnesium /calcium ascorbates and ascorbic acid)
Mixed citrus flavonoids

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

Sidney Stohs, Ph.D.
Senior Vice President, Research and Development
AdvoCare International, L.P.

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