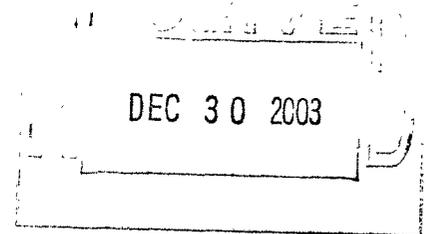


**GENERAL VITAMIN CORPORATION**  
**PO BOX 900044 RALEIGH NC 27675**  
**919-929-5785 FAX 919-929-2294**

December 11, 2003

**CERTIFIED MAIL**  
**Return Receipt Requested**

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



To Whom It May Concern:

This letter is submitted pursuant to Section 406 (r)(6) of the Federal Food, Drug, and Cosmetic Act for the purpose of notifying the agency of statements being made in connection with the marketing of dietary supplements being distributed by this company.

The product name and the dietary ingredients for which the statement is being made is as follows:

**TODAY'S ESSENTIALS™**  
**Soy Smoothie**  
**HEART-HEALTHY SOY PROTEIN**  
**DELICIOUS, COMPLETE NUTRITION**  
**100% DAILY VALUE OF ALL VITAMINS**  
**GOOD SOURCE OF ESSENTIAL MINERALS**

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# Nutrition Facts

Serving Size 1 Scoop (35g)  
Servings Per Container 15

Amount Per Serving	SOY SMOOTHIE	w/1 Cup Skim Milk
<b>Calories</b>	80	160
Calories from Fat	5	5
<b>%Daily Value**</b>		
<b>Total Fat 0.5g*</b>	<1%	<1%
Saturated Fat 0g	0%	0%
<b>Cholesterol 0mg</b>	0%	2%
<b>Sodium 150mg</b>	6%	11%
<b>Potassium 140mg</b>	4%	16%
<b>Total Carbohydrate 4g</b>	1%	5%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Other Carbohydrate 1g		
<b>Protein 14g</b>	<b>28%</b>	<b>44%</b>
<b>Vitamin A</b>	<b>100%</b>	<b>110%</b>
<b>Vitamin C</b>	<b>100%</b>	<b>100%</b>
<b>Calcium</b>	<b>30%</b>	<b>60%</b>
<b>Iron</b>	<b>25%</b>	<b>25%</b>
<b>Vitamin D</b>	<b>100%</b>	<b>120%</b>
<b>Vitamin E</b>	<b>100%</b>	<b>100%</b>
<b>Thiamine</b>	<b>100%</b>	<b>110%</b>
<b>Riboflavin</b>	<b>100%</b>	<b>120%</b>
<b>Niacin</b>	<b>100%</b>	<b>100%</b>
<b>Vitamin B6</b>	<b>100%</b>	<b>100%</b>
<b>Folic Acid</b>	<b>100%</b>	<b>100%</b>
<b>Vitamin B12</b>	<b>100%</b>	<b>120%</b>
<b>Biotin</b>	<b>100%</b>	<b>100%</b>
<b>Pantothenic Acid</b>	<b>100%</b>	<b>110%</b>
<b>Phosphorus</b>	<b>20%</b>	<b>45%</b>
<b>Iodine</b>	<b>100%</b>	<b>100%</b>
<b>Magnesium</b>	<b>20%</b>	<b>25%</b>
<b>Zinc</b>	<b>100%</b>	<b>110%</b>
<b>Selenium</b>	<b>30%</b>	<b>30%</b>
<b>Manganese</b>	<b>250%</b>	<b>250%</b>
<b>Chromium</b>	<b>15%</b>	<b>15%</b>
<b>Molybdenum</b>	<b>25%</b>	<b>25%</b>

\*Amount in SOY SMOOTHIE. A serving of SOY SMOOTHIE plus skim milk provides 0.5g fat, 0g saturated fat, 5mg cholesterol, 275mg sodium, 546mg potassium, 16g carbohydrate (14g sugar) and 22g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

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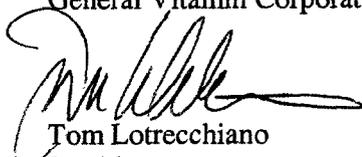
Each serving also contains:

Enzyme Blend	30 mg
Amylase, Protease, Lipase	
NovaSoy®	20 mg
Lutein	250 mcg

The text of the statements that are being made in regards to the above stated product are listed below:

- Contains a full 14 grams of soy protein plus 100% or more of the daily value of 12 vitamins & an excellent source of 9 essential minerals.
- Supports healthy bones.
- Provides menopause support.
- Supports healthy energy production.
- Supports healthy antioxidant function.
- Supports healthy weight management.
- Supports healthy heart function.

Sincerely,  
General Vitamin Corporation



Tom Lotrecchiano  
President