

2101 91st Street
North Bergen, NJ 07047



Telephone: 201-868-5959
www.vitaminshoppe.com

Vitamin Shoppe Industries Inc.

December 10, 2002



Dr. Robert Moore
Branch Chief (HFS-811)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
Harvey W. Wiley Federal Building
5100 Paint Branch Parkway
College Park, MD 20740-3835

Re: FDCA 403(r)(6) Notification

Dear Dr. Moore:

Pursuant to section 403(r)(6) of the Federal Food, Drug, and Cosmetic Act (FDCA), 21 U.S.C. 343(r)(6), and implementing Food and Drug Administration regulation, 21 C.F.R. 101.93 (62 Fed. Reg. 49886 (Sept 23, 1997)), Vitamin Shoppe Industries Inc. submits this notification that statements are included in labeling its dietary supplements, as attached.

Vitamin Shoppe Industries Inc. at 2101 91st Street, North Bergen, New Jersey is the distributor of the dietary supplements.

The undersigned certifies that the information contained in this notice is complete and accurate, and that the notifying firm has substantiation that each statement is truthful and not misleading.

Respectfully yours,

A handwritten signature in cursive script that reads 'Patti Ann Kelly'.

Patti Ann Kelly, Ph.D.
Director of Scientific and Regulatory Affairs
Vitamin Shoppe Industries Inc.

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Item #	Name	Basis for Structure/Function Statement	Structure/Function Statement	Structure/Function Category
vs-1818	Stevia Plus®	Frutafit® Inulin Fiber (Fructooligosaccharides-FOS)	FOS nourishes friendly bacteria in the intestines and supports intestinal/colon health	
vs-2230	Alpha Lipoic Acid with Diachrome™	Alpha Lipoic Acid Biotin (Diachrome™) Chromium(Chromax®)(as chromium picolinate)	Supports glucose metabolism that is already within the normal range. Supports glucose uptake and blood glucose levels that are already within the normal range.	
vs-1398	Herbal Regularity	Senna(Cassia alexandrina)(pod)	Intestinal Health and Colon Care.	
vs-1740	Especially for Men Hair Formula	Biotin Pantothenic acid (as d-calcium pantothenate) Zinc (as zinc monomethionine)	Provides nutritional support for healthy hair.	
vs-1822	Especially for Women Hair Formula	Biotin Pantothenic acid (as d-calcium pantothenate)	Provides nutritional support for healthy hair.	
vs-2065 vs-2066	Ginger Root 550 mg	Ginger (Zingiber officinale) (root)	Ginger is a popular herb that has been used for centuries during and after periods of motion travel.	
vs-1759	Instant Cal-Mag Powder	Calcium (as calcium gluconate) Magnesium (as magnesium carbonate)	Cal-Mag is great for a bedtime drink, to relax after a stressful day; or take before and after exercise to support bone health.	
vs-1227 vs-1228	Flaxs Seed Oil Softgels	Flax Seed Oil	Flax Seed Oil supports cardiovascular and joint health.	
vs-1105 vs-1106 vs-1702 vs-1297 vs-1298 vs-1698	L-Carnitine	L-Carnitine (L-CarniPure)	L-Carnitine may support a weight management program that includes regular exercise and a caloric restricted diet.	
vs-1858	ZMA Tech	Vitamin B6 (as pyridoxine HCl) Magnesium (as aspartate) Zinc (as monomethionine and aspartate)	This advanced supplement helps to support a strength training program.	
vs-1753 vs-1754	Calcium Citrate plus Vitamin D	Calcium (as calcium citrate)	An adequate intake of calcium helps develop a healthy skeleton in early life and helps minimize bone loss later in life	

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vs-1168 vs-1169	Biotin 300 mcg	Biotin	Biotin is involved in the synthesis of fatty acids and glucose, and the metabolism of branched chain amino acids. Studies have shown that Biotin may support glucose utilization, as well as provide nutritional support for healthy hair and nails.	
vs-1868 vs-1869	Biotin 5 mg	Biotin	Biotin is involved in the synthesis of fatty acids and glucose, and the metabolism of branched chain amino acids. Studies have shown that Biotin may support glucose utilization, as well as provide nutritional support for healthy hair and nails.	
vs-2285	Biotin 1 mg	Biotin	Biotin is involved in the synthesis of fatty acids and glucose, and the metabolism of branched chain amino acids. Studies have shown that Biotin may support glucose utilization, as well as provide nutritional support for healthy hair and nails.	
vs-1818	Stevia Plus with Frutafit Inulin Fiber	Frutafit® Inulin Fiber (Fructooligosaccharides-FOS)	FOS nourishes friendly bacteria in the intestines and supports intestinal/colon health	
vs-2293	SAMe 400 mg	S-adenosyl-L-methionine	For Mood and Joint Support	Mood Support
vs-1642 vs-1643 vs-1646 vs-1647	One Daily with Lutein & Lycopene with iron/without iron	Lutein (FloraGlo®) (From marigolds)	With Antioxidant Protection and Eye Health Support	
vs-2289	CoQ-10 300 mg	Coenzyme Q-10	An Antioxidant to Promote Heart Health and Energy	Cardiovascular

Item #	Name	Basis for Structure/Function Statement	Structure/Function Statement	Structure/Function Category
vs-2279	Zenergen	Chromium (Chromax®)(as chromium picolinate) Tonalin® CLA (Conjugated Linoleic Acid) Proprietary Blend (from safflower seeds)	Supports Glucose Metabolism and Lean Body Mass. Chromium Supports Glucose and Fat Metabolism Already Within The Normal Range. Chromium may enhance body composition and preserve lean body mass when used with regular exercise and calorie restricted diet. CLA has been shown to play a vital role in reducing body fat and increasing lean mass according to human clinical studies and laboratory testing.	Weight Management
vs-1724 vs-1725 vs-2273 vs-2079 vs-2102 vs-2159 vs-1915	Milk Thistle Extract	Milk Thistle (<i>Silybum marianum</i>) (seed/fruit)	Milk Thistle is an herb that contains Silymarin, the active component that provides antioxidant and protective support to the liver.	
vs-2215	7-Keto 50 mg	7-Keto™DHEA (3-acetyl-7-oxo-Dehydroepiandrosterone)	Promotes Thermogenesis	Weight Management
vs-2287	L-Carnitine Liquid	L-Carnitine (L-CarniPure®)	For Healthy Heart and Fat Metabolism	
vs-2283	5-HTP w/ Vitamin B6 100 mg	Vitamin B6 (as pyridoxine HCl) L-5-Hydroxytryptophan (<i>Griffonia simplicifolia Extract</i>)(seed)	Supports Positive Mood	
vs-2263	Flax Oil with Phytosterols	Omega-3 (alpha linolenic acid) Omega-6 (linoleic acid) Omega-9 (oleic acid) Phytosterols	Maintains Normal Cholesterol Levels and Supports Healthy Heart System. Phytosterols are plant sterols found in vegetable oils. Research has shown that these plant sterols may have beneficial effects in supporting cholesterol levels that are already within the normal range.	

Item #	Name	Basis for Structure/Function Statement	Structure/Function Statement	Structure/Function Category
vs-1767 vs-1768	Mega Natural	Grape Seed Extract (MegaNatural™) (Vitis vinifera) (seed)	Grape Seed Extract is one of the most potent antioxidants available today. It has been shown to provide many health benefits, such as its cell-protecting properties and cardiovascular protection. Supports blood pressure and cholesterol levels that are already in the normal range.	
vs-2236 vs-2238 vs-2240	Crea Tech Extreme	Creatine Monohydrate	Lean Mass Volumizer	
vs-1848	Easy To Swallow High Gamma E-200 IU	Vitamin E (as d-alpha, d-beta, d-gamma tocopherols) Vitamin E (Nutriene™)(as d-alpha, delta, gamma, beta tocotrienols)	Promotes Cardio and Joint Health	
vs-1882	High Gamma E-400 IU	Vitamin E (as d-alpha, d-beta, d-gamma tocopherols) Vitamin E (Nutriene™)(as d-alpha, delta, gamma, beta tocotrienols)	Promotes Cardio and Joint Health	
vs-2232	Beta-Carotene 10,000 IU Vitamin A activity	Vitamin A (as 100% beta-carotene)	Supports Immune and Eye Health	Antioxidants
vs-2234	CoQ-10 100 mg plus vitamin E	Coenzyme Q-10 (CoQsol™)	An Antioxidant to Promote Heart Health and Energy	Cardiovascular
vs-1936	Alcohol Free Valerian Root Extract	Valerian (<i>Valeriana officinalis</i>)(root)	Promotes Rest and Relaxation	
vs-2281	Magnesium Oxide	Magnesium (as magnesium oxide)	Maintains healthy bones and teeth	
vs-1778	Lycopene 15 mg	Lycopene (Lyc-O-Mato™)(from tomato)	An antioxidant that protects against free radicals	Antioxidants
vs-1777	Glucosamine& Chondroitin 750/600	Glucosamine Sulfate 2KCl Chondroitin Sulfate	Promotes healthy flexible joints	Joint Solutions
vs-2194	Triple strength glucosamine&chondroitin with MSM	Glucosamine Sulfate 2KCl Chondroitin Sulfate A MSM(OptiMSM™)(Methylsulfonylmethane)	Promotes healthy flexible joints	Joint Solutions
vs-2195	Saw Palmetto Extract 320 mg	Saw Palmetto Extract (<i>Serenoa repens</i>)(berry)	Promotes prostate health	
vs-2310	Cranberry Plus 400 mg	Cranberry juice concentrate (<i>vaccinium oxycoccus</i>)(berry)	Supports urinary tract health	
vs-2299	E-400 IU plus selenium 200 mcg	Vitamin E (as d-alpha, gamma, beta delta tocopherols) Selenium (as l-selenomethionine)	Selenium, an antioxidant, enhances the antioxidant activity of vitamin E	
vs-1726	E-400 IU w/ EPA and DHA	Vitamin E EPA / DHA	Supports Cardiovascular and Joint Health	
vs-1750	Acetyl-L-Carnitine	Acetyl-L-Carnitine	Supports Brain Function	Memory Booster

