NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

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 Great American Nutrition™ Complete Diet System Product #51166 and #53230 bearing the statements set out below:

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

The text of each structure-function claim is as follows:

(Statement 1) Chromium picolinate is involved in carbohydrate and fat metabolism

(Statement 2) Citrimax™ provides important nutritional support for lean body mass

(Statement 3) Lipotropics improve vigor and reduce fatigue

(Statement 4) Thermogenic Herbs increase circulation and body heat, which come from burning calories

(Statement 5) L-Carnitine helps transport fat to be used by the body

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification on 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 5th day of November, 1997

WEIDER NUTRITION INTERNATIONAL, INC.

BY: DR. LUKE R. BUCCI
Vice President of Research

975-0162
STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Complete Diet System

DATE: September 29, 1997
BY: Luke R. Bucci, PhD

Document Name: sf01cds.wpd

BRAND, CODE # & PRODUCT NAME(S): GAN 51106, 50200 Complete Diet System (60c, 200c)

NUTRIENT AMOUNT: Vitamins, minerals, Citrimax, Green tea, Kola nut, Capsicum, lipotropics, carnitine

STRUCTURE/FUNCTION CLAIM:

Chromium picolinate is involved in carbohydrate and fat metabolism;
Citrimax™ provides important nutritional support for lean body mass;
Lipotropics improve vigor and reduce fatigue;
Thermogenic Herbs increase circulation and body heat, which comes from burning calories;
L-Carnitine helps transport fat to be used by the body.

REFERENCES:

CHROMIUM

CITRIMAX (Hydroxycitric acid from Garcinia cambogia)


LIPOTROPICS

2. Sandage BW. Choline, in Workshop on Dietary Supplements for Physically Active People, National Institutes of Health, Office of Dietary Supplements, Bethesda, MD, June 1996.


THERMOGENIC HERBS (CAYENNE & GINGER)


L-CARNITINE