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Office of Nutritional Products  
Labeling & Dietary Supplements  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

January 3, 2005

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Dear Sir or Madam:

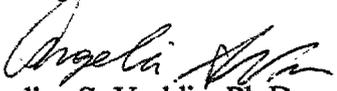
This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Time Release B-12 supplements under the Naturalist label:

**Ingredients:** Vitamin B-12 (as Cyanocobalamin), Calcium

- Promotes Energy Metabolism & Heart Health
- The B vitamins play a role in energy metabolism in the body.
- Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

  
Angelica S. Vrablic, Ph.D.  
Manager, Nutrition Research

ASV/mb

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