



March 4, 2005

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

Dear Sir or Madam:

This letter serves as a 30 day notification pursuant to 21 CFR § 101.93 and Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA) that Procter and Gamble is using the following statements on the label or in the labeling of: Metamucil Plus Calcium.

Claim "For Regularity."

- Metamucil provides *100% natural* fiber, in the form of psyllium husk, to help promote and maintain regularity.
- Can be used for occasional constipation.

Claim "For Bone Health."

- Diets high in Calcium can help build strong bones.
- Adequate Calcium in a healthful diet is important for bone health in teen and adult women.

Claim "For Gastrointestinal Function."

- A healthy diet including fiber, such as psyllium, may help support GI function.

These statements are accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate and the company has substantiation that these statements are truthful and not misleading.

Sincerely,

Nadia N. St. Luce
Regulatory Affairs Manager
Procter and Gamble
8700 Mason-Montgomery Rd
Mason OH 45040

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