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December 28, 1999

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



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 statement on our Mega Vita Min for Teens Supplement under one or more of the following brand names: American Health, Body Fortress, Good 'N Natural, Health's Finest, Heartland, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Puritan's Pride, US Nutrition, Vitamin World:

- 100% of the daily value for vitamins A, C and E, three powerful antioxidants which play a role in protecting the body from the cell-damaging nature of free radicals.
- Vitamin D, which helps maintain bones and a healthy immune system.
- Niacin, Thiamin and Riboflavin, key B-vitamins which perform a role in energy metabolism in the body.
- Vitamin B-6, a water-soluble vitamin that plays a part in protein and energy metabolism.
- Vitamin B-12, essential for normal formation of blood cells and a healthy nervous system.
- Folic Acid, often found in green leafy vegetables, which help maintain cardiovascular health.
- Iron, which plays a role in delivering oxygen to the cells, including muscle cells.

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

Sincerely,

Ona Scandurra, MS, RD
Director of Nutrition Communications

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