

YOURVITAMINS
FROM ANDREW LESSMAN
FORMERLY THE WINNING COMBINATION

February 13, 2002

100 311 30 920

COPY

Rec'd
3/13/02

Director
Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street S.W.
Washington, DC 20204

SENT VIA CERTIFIED MAIL – RETURN RECEIPT REQUESTED
ARTICLE #: 7099 3400 0016 4140 0464

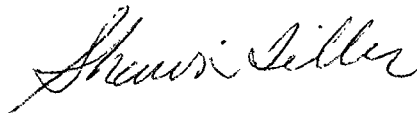
RE: VITAMIN B-12 BENEFITS

Dear Sir / Madam:

This is a 30-day notification of a statement of nutritional support for a dietary supplement. The product name is **Andrew Lessman's Vitamin B-12 Benefits**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

One of the most vital functions of Vitamin B12 relates to its role as a methyl (CH₃) donor in many chemical reactions, which means that it is responsible for delivering one of the body's most fundamental molecular units to facilitate your body's basic biochemistry. Vitamin B12 is also essential for healthy immune system function, as well as the synthesis of hemoglobin, which is required to transport all oxygen and CO₂ in your body. Vitamin B12 is essential for the synthesis of the genetic material in all your cells and is required for normal cell growth and development. It is essential for energy production, since you cannot metabolize carbohydrates or burn fat without Vitamin B12. It is also an important part of your body's process for converting homocysteine to methionine, thereby reducing homocysteine levels and supporting cardiovascular health. Like all of the B-Complex vitamins, Vitamin B12 is easily depleted by stress and whether from food or a supplement, is perhaps the most complex and difficult to absorb of all vitamins. Vegetarians or individuals consuming a primarily plant-based diet may be at higher risk of Vitamin B12 deficiency since its best sources are animal products.

Respectfully Submitted,



Shawn Tiller
Manager, Product Development

975 0162 LET 9557