



75220
Alva-Amco Pharmacial Companies, Inc.

Fine Pharmaceuticals Since 1904

3942 01 MAR 10 P3 24

MAR 30 2001

March 26, 2001

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

Re: Ultra-Fiber@ Balanced Fiber Supplement

Ladies/Gentlemen:

This letter notifies the Food and Drug Administration pursuant to 21 CFR101.93, that within the past 30 days our company has begun to market Ultra-Fiber@ Balanced Fiber Supplement with the following statements on the label and/or in labeling for the product:

Health professionals agree that increasing daily fiber promotes both natural regularity as well as overall better health.

Helps promote natural regularity and overall better health

A higher fiber diet p'rovides added bulk allowing foods to move more surely through the gastro-intestinal tract thus reducing the time food is in contact with the intestinal walls.

The dietary ingredient of the product that is the subject of the above statements is: Dietary Fiber (as natural chicory fiber, microcrystalline cellulose from natural plant sources, oat bran fiber, prune fiber, apple fiber, and psyllium fiber).

It is hereby certified that the information in this notification is complete and accurate and that our company has substantiation that the above statements are truthful and not misleading.

Very truly yours,
Alva-Amco Pharmacial Cos., Inc.

Grace Burbulys
Technical Affairs Manager

97S 0162

LET. 7561