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GENERAL VITAMIN CORP

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February 22, 2001

CERTIFIED MAIL
Return Receipt Requested

FEB 27 2001

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

To Whom it May Concern,

This letter is submitted pursuant to Section 406 (r)(6) of the Federal Food, Drug, and Cosmetic Act for the purpose of notifying the agency of statements being made in connection with the marketing of dietary supplements being distributed by this company.

The product name and the dietary ingredients for which the statement is being made is as follows:

Menopause Nutritional System

<u>Vitamin Mineral Formula</u>	
Vitamin A (as retinyl acetate and 50% as beta carotene)	5000 IU
Vitamin C (as ascorbic acid)	500mg
Vitamin D (as cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopheryl Succinate)	400 IU
Vitamin B1 (as thiamin hydro-Chloride)	25mg
Vitamin B2 (as riboflavin)	25mg
Vitmain B3 (as niacinamide)	25mg
Vitamin B6 (as pyridoxine hydro-Chloride)	15mg
Folate (as folic acid)	200mcg
Vitamin B12 (as cyanocobalamin)	25mcg
Biotin	100mcg
Pantothenic acid (as d-calcium Pantothenate)	25mg
Calcium (as calcium citrate)	500mg
Iron (as ferrous fumarate)	7mg

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Iodine (from kelp)	75mcg
Magnesium (as magnesium oxide)	250mg
Zinc (as zinc gluconate)	7mg
Selenium (as L-Selenomethionine)	12mcg
Copper (as copper gluconate)	1mg
Manganese (as manganese Gluconate)	5mg
Chromium (as chromium poly- Nicotinate)	50mcg
Potassium (as potassium gluconate)	50mg
Bioflavonoids (from citrus)	400mg
Rutin	100mg
Bromelain (from pineapple stem)	50mg
Papain (Carica papaya)	32.4mg
Choline (as choline bitartrate)	25mg
Inositol	25mg
PABA (para-Aminobenzoic acid)	25mg
Boron (as amino acid chelate)	1.5mg

Other ingredients: Cellulose, stearic acid, guar gum, croscarmellose sodium, silicon dioxide, magnesium stearate, and coating (pharmaceutical glaze)

Herbal Formula

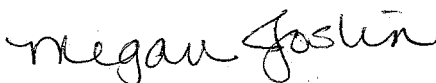
Fennel (Foeniculum vulgare) (seed) 1 00mg
Black Cohosh (Cimicifuga racemosa) 1 00mg
(root)
Anise (Pimpinella anisum) (seed) 100mg
Blessed Thistle (Cnicus benedictus) 1 00mg
(leaves)
Other ingredients: Capsule (gelatin, lauryl sulfate and silicon dioxide), stearic acid, magnesium stearate and silicon dioxide.

The text of the statements that are being made in regards to the above stated product are listed below:

- Has menopause got you down?
- ...addresses the special nutritional needs of women like you
- Get support for your health

Sincerely,

GENERAL VITAMIN CORP.



Megan Joslin
Product Development Coordinator