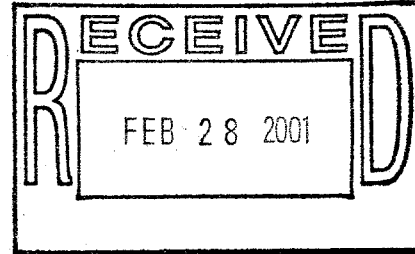


GENERAL VITAMIN CORP

PO Box 1500 Chapel Hill NC 27516
919-929-5785 fax 919-929-2458

February 23, 2001



CERTIFIED MAIL
Return Receipt Requested

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:

Premenstrual	Vitamin B6 (as pyridoxine hydrochloride)	50mg
	Iron (as ferrous sulfate)	10mg
	Magnesium (as magnesium oxide)	50mg
	Potassium (as potassium chloride)	40mg
	Dong Quai (root)	75mg
	White willow (bark)	50mg
	Uva Ursi (leaf)	50mg
	Valerian (root)	100mg
	Juniper (berries)	50mg
	Licorice (root)	30mg
	Black cohosh (root)	30mg
	Ginger (root)	25mg
	Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate	

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

Premenstrual
-PMS relief
-for women's health
-Premenstrual herbal

Sincerely,

GENERAL VITAMIN CORP.

megan joslin

Megan Joslin
Product Development Coordinator