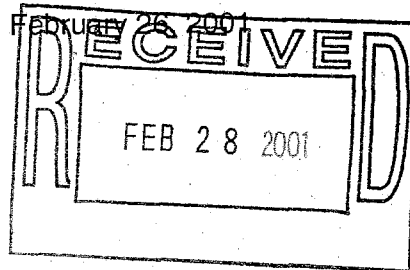


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GENERAL VITAMIN CORP

PO Box 1500 Chapel Hill NC 27516 MAR 16 A7:13
919-929-5785 fax 919-929-2458



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:

Sleep Support Complex	Valerian (root)	120mg
	Passion flower (herb)	120mg
	Celery (seed)	120mg
	Catnip (herb)	120mg
	Hops (flower)	60mg
	Scullcap (herb)	60mg
	Black cohosh (root)	60mg
	Chamomile (flower)	50mg
	Lady slipper (root)	50mg
	Kava kava (root)	50mg
	Orange (whole fruit)	60mg
Other ingredients: gelatin, magnesium stearate		

Relaxen	Valerian extract (root) (4:1)	16.3mg
	Passion flower (herb)	65mg
	Celery (seed)	65mg
	Catnip (herb)	65mg
	Orange (fruit)	32mg
	Hops (flowers)	32mg
	Other ingredients: Whey, stearic acid, magnesium stearate, silicon dioxide, croscarmellose sodium, pharmaceutical glaze	

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LET 7377

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

Sleep Support Complex

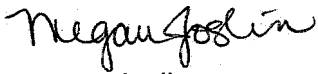
- Help to get the sleep you need
- for rest and relaxation

Relaxen

- relaxen, for those nights you toss and turn
- help with sleep

Sincerely,

GENERAL VITAMIN CORP.



Megan Joslin

Product Development Coordinator