

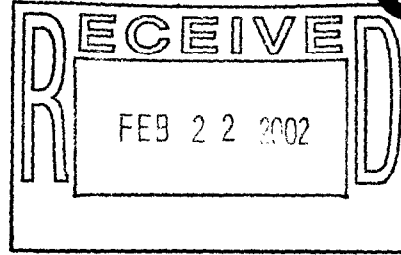
**YOUR VITAMINS**  
FROM ANDREW LESSMAN  
FORMERLY THE WINNING COMBINATION

January 21, 2002

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

1733 72 100-7 00:14

**COPY**



**SENT VIA CERTIFIED MAIL – RETURN RECEIPT REQUESTED**  
**ARTICLE #: 7099 3400 0016 4140 0495**

**RE: APPETITE-CARB-FAT CONTROL**

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 Appetite-Carb-Fat Control**. The structure / function claims on all sizes and configurations of this product are identical. They are as follows:

Recent research has shown that when Garcinia is taken before a meal, the Hydroxycitrate can help to naturally suppress the appetite at that meal, and it does so without any stimulant effects, jitters, moodiness or interruptions of sleep. When Garcinia is taken before a meal, the standardized Hydroxycitrate it contains has been shown to help reduce the conversion of the carbohydrate in that meal into stored body fat. We also add our special forms of both Chromium and Vanadium because of their important role in healthy carbohydrate and energy metabolism. Dietary fiber delivers a long list of health benefits, and the natural Chitomax fiber in this product adds yet another. This remarkable natural fiber, which is derived from the chitinous exoskeletons of shellfish -- the outer shell of crabs -- can attract and absorb fat just like a sponge attracts and absorbs water. In several animal and human studies, this special fiber has been shown to help reduce the absorption of fat from food by naturally binding with some of the fat in that food thereby carrying it out of the body before it can be absorbed. These studies indicate that each gram of Chitosan can interfere with the absorption of nine times its weight in fat or the equivalent of up to 81 calories of fat. Plus, the natural lipophilic (fat loving) properties of Chitosan have been shown to help support healthy cholesterol levels already within the normal range. We also add Carnitine and the essentials for carnitine synthesis because you need adequate amounts of Carnitine to transport body fat to sites where it is burned or metabolized.

Respectfully Submitted,

A handwritten signature in cursive script that reads "Shawn Tiller".

Shawn Tiller  
Manager, Product Development

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