

AmeriFITTM NUTRITION

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February 14, 2001

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 c St. SW
Washington DC 20204

Re: Notification of DSHEA nutritional support claim for AmeriFIT Flex Able PM Dietary Supplement

Dear Sir or Madam:

The purpose of this letter is to provide notification pursuant to section 403 (r)(6) of the Federal Food, Drug, and Cosmetic Act ("the Act") and 7 C.F.R. § 101.93 that AmeriFIT, Inc., is marketing a dietary supplement that bears a statement of nutritional support as defined in section 403 (r)(6) of the Act.

The labeling for Flex Able PM bears the following statements:

"Flex Able"

"... provides all of the well-established benefits of glucosamine in building strong and flexible joints plus the additional benefits of reducing joint discomfort brought on by aging or exercise and promoting healthy sleep patterns ..."

"... a unique formula to address joint discomfort while helping you get a good night's rest:

"... for healthy joints"

"Valerian to promote natural, healthy sleep patterns"

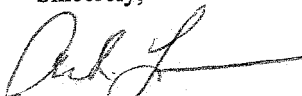
"(Feverfew) to help reduce minor reducing joint discomfort brought on by aging or exercise"

"Glucosamine ... plays an important role in the health and resiliency of joints and cartilage ..."

"... can help support normal joint tissue functioning"

AmeriFIT, Inc. has on file substantiation that the above statements are truthful and not misleading. To the best of my knowledge, the information contained in this notice is complete and accurate.

Sincerely,



Craig Larsen
Director of Product Integrity

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