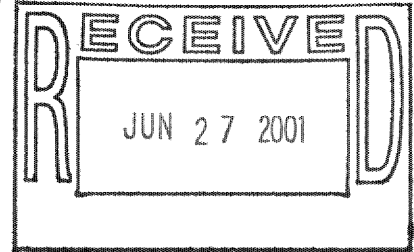




Partners in Health and Beauty

7056 '01 JUL 31 P246



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

May 8, 2001

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of Crea-Tek® Powder (dietary ingredients: vitamin C, vitamin B-1, riboflavin, niacinamide, vitamin B-6, creatine monohydrate, L-glutamine). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Fortified with 2 grams of muscle sparing L-Glutamine per serving. Crea-Tek RDS is a scientifically formulated creatine monohydrate that delivers a full 10 grams of laboratory certified, pure, imported German SKW creatine monohydrate in each great tasting serving. Laboratory tests and certified assays have proven SKW creatine to be one of the purest used in its manufacture. This insures the finest creatine monohydrate. Taken together creatine and simple carbohydrates will accelerate creatine transportation and utilization. Our unique rapid delivery system was specifically engineered with a balanced carbohydrate matrix that contains less sugar than most other creatine delivery type products-this provides a more stable glucose level. Creatine is effective in building lean muscle, increasing strength, endurance and speeding muscle recovery when used in conjunction with a proper diet and exercise plan. Glutamine is essential to facilitate muscle growth and maintenance.

Sincerely,

Morag Thorsen
Director of Regulatory Affairs B.A., M.A.L.S.

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