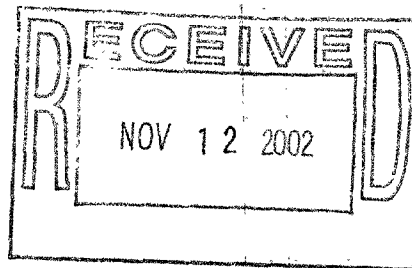


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October 30, 2002



Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: Twin Laboratories, Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "helps increase growth hormone release and enhance muscle metabolism" "glutamine produces an anti-catabolic effect"

Dietary supplement ingredients: L-Glutamine

Dietary supplement brand and name: Twinlab MEGA GLUTAMINE FUEL

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement being made is truthful and not misleading.

Sincerely,

Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

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Enclosures