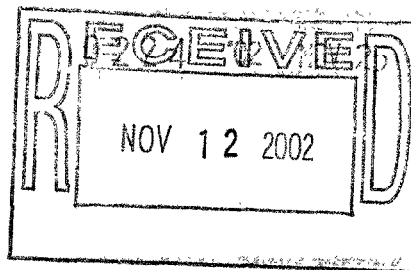


November 4, 2002



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: "anit-catabolic amino acids (L-Isoleucine, L-Leucine, L-Valine) and nutrients L-Glutamine and Alpha-Ketoglutarates may help minimize muscle protein breakdown and maximize muscle protein synthesis"

Dietary supplement brand and name: Twinlab RIPPED FUEL POWDER

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,

A handwritten signature in black ink, appearing to read "Neil Blechman". The signature is written in a cursive, somewhat stylized font.

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

975 0162

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Enclosures