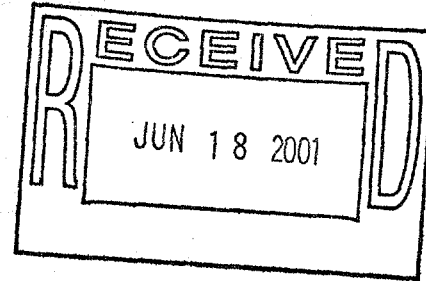


May 31, 2001

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204



Dear Sir or Madam:

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

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "...contains a patent-pending, all natural combination of vitamins and minerals that has been university tested to increase muscle strength...Research also showed ZMA may improve sleep patterns and less muscle fatigue".

Dietary supplement ingredients: Vitamin B6, Magnesium, and Zinc.

Dietary supplement brand and name: Twinlab IRONMAN STRENGTH BOOSTER.

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 is truthful and not misleading.

Sincerely,

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

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