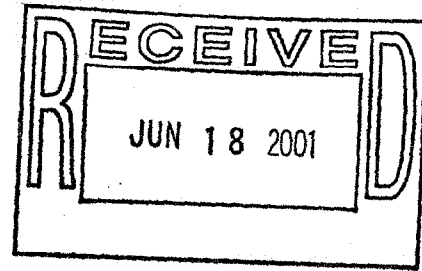


May 31, 2001

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: "Sports Multi has nutrients like selenium, and vitamins E, C and Beta-Carotene that help promote healthy muscles and connective tissue, as well as a healthy immune system. It also combines B vitamins and Chromium for proper carbohydrate, fat, protein and energy metabolism, with Potassium and Magnesium to help support muscle function".

Dietary supplement ingredients: Magnesium Oxide, Potassium Citrate, Ascorbic Acid, Vitamin E Succinate, Niacinamide, D-Calcium Pantothenate, Calcium Carbonate, Zinc Gluconate, Selenomethionine, Beta Carotene, Biotin, Choline Bitartrate, Inositol, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cyanocobalamin, Folic Acid, Cholecalciferol, L-Carnitine Magnesium Citrate, Manganese Gluconate, Magnesium Aspartate, Chromium Chloride, Ferronyl Iron, Magnesium AKG, Potassium Aspartate, Potassium AKG.

Dietary supplement brand and name: Twinlab IRONMAN SPORTS MULTI

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,

A handwritten signature in cursive script, appearing to read "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

975 0162 LET 8130