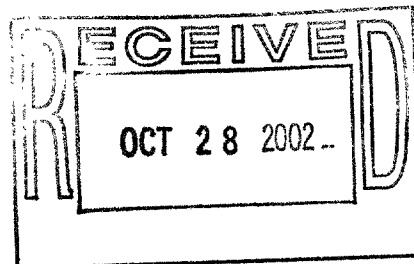


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October 17, 2002

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: "fat fighting ingredients" "lose weight quickly"  
"increase energy levels"

Dietary supplement ingredients: Guarana Seed Extract, Citrus Aurantium, St. John's Wort,  
L-Phenylalanine, Green Tea Leaf Extract, Quercetin, Citrus  
Bioflavonoids, Ginger Root and Cayenne Pepper.

Dietary supplement brand and name: Twinlab METABOLIFT EPHEDRA FREE

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 statements being made are truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Neil Blechman". The signature is fluid and cursive.

Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

975 0162 LET 11120

Enclosures