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November 21, 2000

Office of Special Nutritionals (HFS-450)
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: "Creatine plays an important role in the transfer of energy in the muscle, it is used to fuel the process of contraction. It is converted to phosphocreatine, which is important for short energy bursts needed for sprinting and weightlifting. Depletion of phosphocreatine can result in muscular fatigue and fading muscle power. A recent university study has concluded that Creatine Fuel® can increase peak power output, mean body mass and muscular performance."

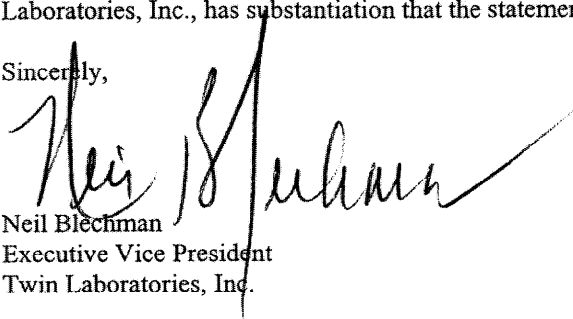
Dietary supplement ingredients: Creatine Monohydrate.

Dietary supplement brand and name: Twinlab CREATINE FUEL CHEWS.

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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