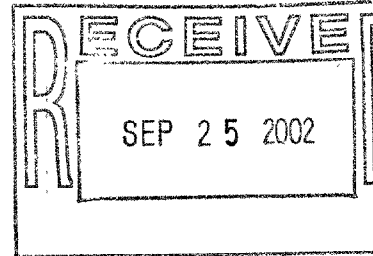


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September 19, 2002

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: "performance enhancer for power and strength athletes"
"increased body mass and enhanced muscular performance"
"significant increase in peak output power"

Dietary supplement ingredients: Creatine Monohydrate

Dietary supplement brand and name: Twinlab MEGA CREATINE FUEL

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 cursive script that reads "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

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Enclosures