

NOTIFICATION PURSUANT TO
SECTION VI OF DSHEA

In compliance with Section VI of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Weider Muscle Builder Creatine, Product #52485 & #52560** bearing the statement(s) set out below:

Weider Nutrition International Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure/function claim is as follows:

Packaging:

(Statement 1) Muscle Recovery

(Statement 2) The research on creatine suggests that supplementing your diet with as little as 2 grams of creatine per day can improve strength, muscular power and work output, which can lead to better, more effective training sessions and energy levels. The addition of creatine has also been shown to draw more water into a muscle cell (cell volumizing), causing your muscles to appear more full. The added water, or hydration, may also help minimize muscle damage resulting from training or other strenuous work. And creatine's ability to help synthesize ATP more rapidly can improve recovery time between exercise sessions.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc., am authorized to certify this Notification on behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 3rd day of July, 2002

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI
Vice President of Research

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