

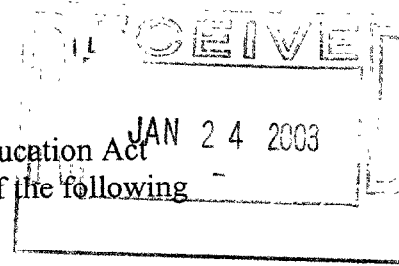


Optimum Nutrition, Inc.
 600 N. Commerce Street
 Aurora, IL 60504
 Phone (800) 705-5226
 Fax (630) 236-8517



AMERICAN BODY BUILDING, LLC.
 A DIVISION OF OPTIMUM NUTRITION, INC.
 1756 Industrial Drive
 Walterboro, SC 29488
 Phone (800) 763-3444
 Fax (843) 538-3765

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NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA



In compliance with Section 6 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 **Thermocuts** bearing the statements set out below:

**Optimum Nutrition
 600 N. Commerce Street
 Aurora, Illinois 60504**

The text of the structure-function claim for **Caffeine** is as follows:

- (Statement 1) **Supports Fat Oxidation, Energy Levels, and Appetite Control**
- (Statement 2) **Proprietary Thermogenic Formula**

I, Ryan Briggs, Director of New Product Development at Optimum Nutrition 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 Optimum Nutrition has substantiation that each statement is truthful and not misleading.

Dated this 9th day of January, 2003

Ryan Briggs
 Director of New Product
 Development

97S 0162 LET 11389

Suggested Use: Take 4 capsules 30-60 minutes before morning and afternoon meals or use as directed by a physician or licensed nutritionist. Begin with 1-2 capsules two times per day for the first week to assess tolerance. Do not exceed 12 capsules daily. Do not take after 5:00 p.m. if you have difficulty sleeping. Note: This product contains Caffeine and other stimulants, and should not be taken by individuals wishing to eliminate these ingredients from their diet.

WARNING: DO NOT EXCEED RECOMMENDED USE. LIMIT THE USE OF CAFFEINE-CONTAINING MEDICATIONS, FOOD, AND BEVERAGES WHILE TAKING THIS PRODUCT. TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, MUSCLE TREMORS, HEADACHE, LIGHTEADEDNESS, MILD DELIRIUM, RAPID HEART BEAT, NAUSEA, VOMITING, DIARRHEA, AND STOMACH PAIN. NOT RECOMMENDED FOR PERSONS UNDER 18 OR ANYONE WITH HIGH BLOOD PRESSURE, HEART DISEASE, OR OTHER SERIOUS MEDICAL CONDITIONS. SEEK ADVICE OF A PHYSICIAN BEFORE CONSUMING THIS PRODUCT IF YOU ARE SENSITIVE TO CAFFEINE, PREGNANT, OR NURSING A BABY.

****THIS PRODUCT CONTAINS 309 MG OF CAFFEINE AND 2 MG OF SALICIN PER SERVING.**

KEEP OUT OF REACH OF CHILDREN.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Optimum
NUTRITION

Proprietary
Thermogenic
Formula

THERMO CUTS

BI

2

Promilin

DIETARY SUPPLEMENT
200 Capsules

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 50

Amount Per Serving

Chromium (as chromium GTF polynicotinate)	300 mcg	250%*
Proprietary ThermoCuts Blend**	2970 mg	+
Garcinia Cambogia Extract (fruit) (65% HCA), NeOpuntia [®] Extract (Opuntia ficus-indica) (leaf), Caffeine Anhydrous, Phase 2™ (Phaseolus vulgaris) (fruit), Green Tea Extract (Camellia sinensis L.) (leaf) (40% EGCG/22% added caffeine), Guarana Extract (Paullinia cupana) (seed) (22% caffeine), Promilin™ (Trigonella foenum-graecum) (seed) (40% 4-Hydroxyisoleucine), Conjugated Linoleic Acid (CLA), L-Carnitine, Grapefruit Extract (peel) (20% naringin), White & Purple Willow Bark Extract (Salix alba) (bark) (15% salicin), Blioperine [®] (Piper nigrum & longum L.) (fruit), Vanadyl Sulfate.		

* Percent Daily Values are based on a 2,000 calorie diet
+ Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate, Magnesium Stearate, Stearic Acid, Silica.

Proprietary ThermoCuts Blend™ contains the following ingredients: Garcinia Cambogia Extract (fruit) (65% HCA), NeOpuntia[®] Extract (Opuntia ficus-indica) (leaf), Caffeine Anhydrous, Phase 2™ (Phaseolus vulgaris) (fruit), Green Tea Extract (Camellia sinensis L.) (leaf) (40% EGCG/22% added caffeine), Guarana Extract (Paullinia cupana) (seed) (22% caffeine), Promilin™ (Trigonella foenum-graecum) (seed) (40% 4-Hydroxyisoleucine), Conjugated Linoleic Acid (CLA), L-Carnitine, Grapefruit Extract (peel) (20% naringin), White & Purple Willow Bark Extract (Salix alba) (bark) (15% salicin), Blioperine[®] (Piper nigrum & longum L.) (fruit), Vanadyl Sulfate.

Manufactured
in the
USA
by

Optimum
NUTRITION

Sumner, FL 33325
Guarantee Adults
800.367.0097
optimumnutrition.com

UPC

0307-900-303