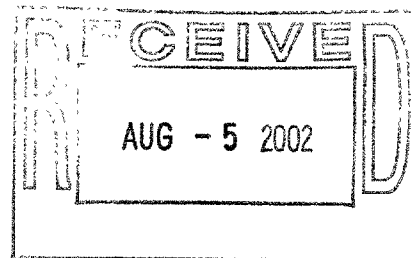


July 30, 2002

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: "improve muscle strength, performance and lean mass"

Dietary supplement ingredients: Creatine Monohydrate

Dietary supplement brand and name: TWINLAB 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 statement being made is truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Neil Blechman". The signature is written in a cursive, flowing style.

Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

975 0162

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Enclosures