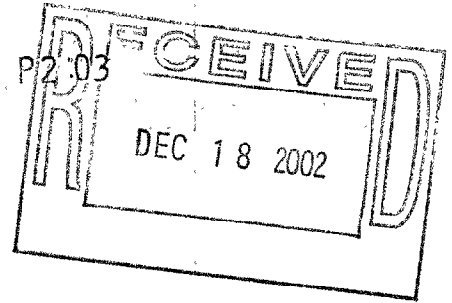


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December 4, 2002

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: "greater muscle mass and definition, and decreased fatty mass"
"protein....contributes to muscle growth"

Dietary supplement ingredients: Beta-Ecdysterone and Whey Protein Isolate.

Dietary supplement brand and name: Twinlab XA - XTREME ANABOLIC 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 black ink, appearing to read "David Cohen". The signature is fluid and cursive.

David Cohen
Vice President of Marketing
Twin Laboratories Inc.

975 0162

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Enclosures