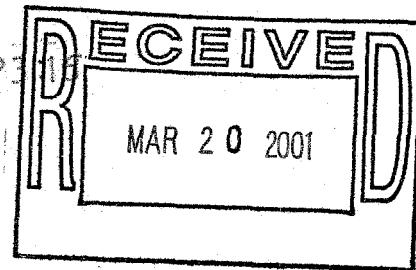


December 12, 2000

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Office of Special Nutritionals (HFS-450)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as **30-day** notification pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: **Twin Laboratories, Inc.**
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "Muscle Cell Volumizing Formula." "...**complex** carbohydrates...**stimulate** the anabolic and anti-catabolic hormone insulin. Insulin enhances muscle growth by increasing the rate amino acids enter muscle cells, Carbohydrates also increase the rate of muscle glycogen synthesis which is important for recovery."

Dietary supplement ingredients: Complex Carbohydrates, High Biological-Quality Milk and Egg Proteins, Branched Chain Amino Acids (L-Leucine, L-Valine, and L-Isoleucine), Glutamine, Alpha-Ketoglutarate, and Creatine Monohydrate.

Dietary supplement brand and name: **Twinlab Super GAINERS 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 is truthful** and not misleading.

Sincerely,

A handwritten signature in black ink that reads "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

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