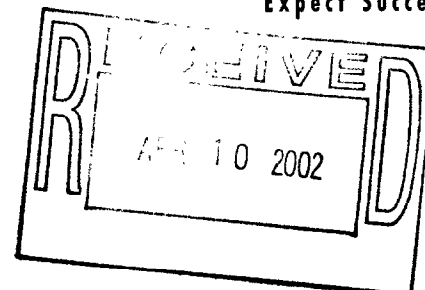




Expect Success



March 13, 2002

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

Dear Sirs:

Notice is hereby given pursuant to Section 403 (r)(6)(21 U.S.C. 343(r)(6)) of the Federal Food Drug and Cosmetic Act that Apex Fitness Group, 123 Hodencamp Rd. Suite 204, Thousand Oaks CA 91360 has marketed a dietary supplement under Apex Fitness Group/ Ergogen Labs / BCAA Recovery bearing the following statement(s) on the label and/or in the labeling:

Enhances Recovery and energy
Ideal carb to protein ratio for recovery
Reduces muscle fatigue

The undersigned certifies that the information contained in this notice is complete and accurate and that Apex Fitness Group has substantiation that the statement(s) is truthful and not misleading. Pursuant to 101.93 (a)(1), two copies of this notification are enclosed.

Sincerely,

Jim Starr / Product Manager

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