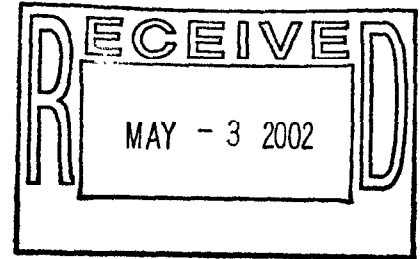


IRON-TEK

ADVANCED PERFORMANCE NUTRITION

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835



April 30, 2002

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Iron Tek is using the following statement on the label of Essential Tonalin® CLA Complex™ softgels (dietary ingredients: conjugated linoleic acid complex (from safflower seed oil). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

Human clinical studies have shown that Tonalin® CLA (Conjugated Linoleic Acid) plays a vital role in reducing body fat and enhancing lean muscle mass.

Sincerely,

A handwritten signature in cursive script that reads "Morag Thorsen".

Morag Thorsen
Director of Regulatory Affairs B.A., M.A.L.S.

975 0162 LEI 10000

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