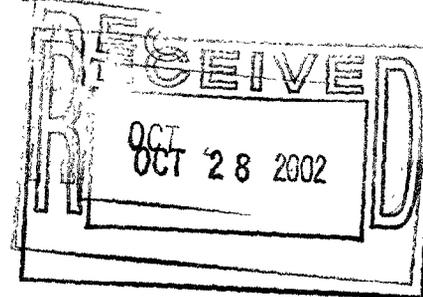


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October 17, 2002

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: "promotes lean muscle mass and reduces muscle breakdown"

Dietary supplement ingredients: HMB (calcium beta-hydroxy beta-methylbutyrate monohydrate)

Dietary supplement brand and name: TWINLAB Mega HMB 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,

Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

97S 0162 LET11119

Enclosures