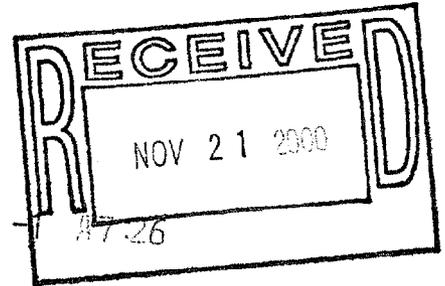


Partners in Health and Beauty



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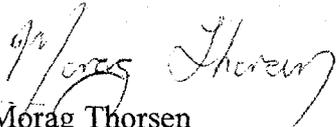
Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, D.C. 20204

November 15, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of L-Glutamine Muscle Surge 1000 Tablets (dietary ingredient: vitamin B-6 & L-glutamine). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

The primary amino acid found in muscle tissue. B-6 aids in the utilization of glutamine .

Sincerely,


Morag Thorsen
Regulatory Affairs Manager B.A., M.A.L.S.