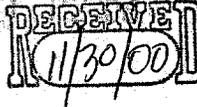


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November 22, 2000

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: "...to help extend endurance and enhance performance during training and competition." "...maximizes replacement of glycogen in both hard-working muscles and the liver, boosting endurance, speeding recovery and helping to improve overall performance." "...supplies several important nutrients for better carbohydrate and energy metabolism."

Dietary supplement ingredients: Glucose Polymers, Fructose, Potassium, Magnesium, Pantothenic Acid, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Biotin and Chromium.

Dietary supplement brand and name: Twinlab ULTRA 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,

Neil Diechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

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