

**NOTIFICATION PURSUANT TO**  
**SECTION VI OF DSHEA**

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In compliance with Section VI of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Weider Creatine ATP, Products #52403 & #52404** bearing the statement(s) set out below:

**Weider Nutrition International Inc.**  
**2002 South 5070 West**  
**Salt Lake City, Utah 84104**

The text of each structure/function claim is as follows:

**Packaging:**

**(Statement 1)** Efficient Muscle Recovery

**(Statement 2)** Creatine ATP is an ideal post-workout recovery formula for replenishing lost energy and supporting increased strength and lean muscle mass development. In fact, supplementing with creatine supports an increase in strength, power, force output and cell hydration, resulting in fuller looking muscles.

**(Statement 3)** To quickly and efficiently transport creatine into muscle, replace lost muscle glycogen and preserve muscle proteins, each serving of Creatine ATP also includes 37 grams of simple carbohydrates. Creatine is best absorbed into muscle when ingested with simple carbs, and replenishment of intra-muscular glycogen is necessary for full recovery and optimal energy. To promote maximum muscle development, strength and recovery, Creatine ATP is also formulated with 15 grams of high quality whey protein isolate and 3 grams of the anti-catabolic amino acid L-glutamine.

**Pharmacy Guide:**

**(Statement 1)** This product is the result of the latest scientific research which shows that high-glycemic carbohydrates significantly enhance creatine monohydrate absorption and post-exercise recovery.

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(Statement 2) Recent studies show that high quality protein, post-exercise carbohydrates and creatine benefit protein synthesis and limit protein breakdown in muscles.

- Creatine ATP promotes faster recovery
- Less muscle catabolism
- Promotes strength

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc., am authorized to certify this Notification on behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 13<sup>th</sup> day of June, 2002

WEIDER NUTRITION INTERNATIONAL, INC.

BY:



DR. LUKE R. BUCCI  
Vice President of Research