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February 27, 2003

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

MAR 26 2003

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: "encourages the body to naturally promote fat metabolism"
"fight fat and promote lean body mass"

Dietary supplement ingredients: Caffeine, Green Tea Leaf Extract, Cocoa Seed Extract, Citrus Aurantium Fruit Extract, Guarana Seed Extract.

Dietary supplement brand and name: Twinlab RIPPED FUEL EXTREME EPHEDRA FREE

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 statements being made are truthful and not misleading.

Sincerely,



David Cohen
Vice President of Marketing
Twin Laboratories Inc.

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Enclosures