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December 17, 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

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: "Creatine helps improve muscle strength, performance and lean mass"

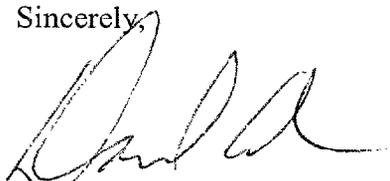
Dietary supplement ingredients: Creatine Monohydrate, L-Glutamine and Taurine.

Dietary supplement brand and name: Twinlab CREATINE FUEL STACK CAPSULES

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,



David Cohen
Vice President of Marketing
Twin Laboratories Inc.

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Enclosures

Debtor-In-Possession