

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA
AND 21 C.F.R. § 101.93

12/4/98

This notification is being filed on behalf of Natural Balance, Inc., 3130 S. Commerce Court, P. O. Box 8002, Castle Rock, CO 80104 - 8002, which is the manufacturer of the product which bears the statements identified in the Notification. This Notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. § 101.93. The dietary supplement product on whose label or labeling statements appears is Creatine.

The text of each structure-function statement for which notification is now being given is:

- Statement 1: *Real Muscle Food*
- Statement 2: *If you want to run faster, lift more and recover quicker after your workouts, try Natural Balance Creatine.*
- Statement 3: *It plays a vital role in the creation of ATP, the primary compound your body uses for energy.*
- Statement 4: *To recharge your ATP levels, your body borrows high-energy phosphate from naturally occurring creatine phosphate.*
- Statement 5: *When high concentrations of creatine are present, your body can quickly release the large amounts of ATP needed to sustain high-powered muscular contractions.*
- Statement 6: *Feed Your Muscles*

The following summary identifies the dietary ingredient(s) for which a statement has been made:

<u>Statement Number</u>	<u>Identity of Dietary Ingredient(s) or Supplement that is the Subject of the Statement</u>
1.	<i>Creatine Monohydrate</i>
2.	<i>Creatine Monohydrate</i>
3.	<i>Creatine Monohydrate</i>
4.	<i>Creatine Monohydrate</i>
5.	<i>Creatine Monohydrate</i>
6.	<i>Creatine Monohydrate</i>

The following identifies the brand name of each supplement for which a statement is made:

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling</u>
1.	<i>Creatine 1000™</i> <i>Creatine</i> <i>Creatine</i>	<i>Label - 90 Capsules</i> <i>Label - 300 grams</i> <i>Label - 1000 grams</i>

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Creatine

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| 2. | <i>Creatine 1000™</i> | <i>Label - 90 Capsules</i> |
| | <i>Creatine</i> | <i>Label - 300 grams</i> |
| | <i>Creatine</i> | <i>Label - 1000 grams</i> |
| 3. | <i>Creatine 1000™</i> | <i>Label - 90 Capsules</i> |
| | <i>Creatine</i> | <i>Label - 300 grams</i> |
| | <i>Creatine</i> | <i>Label - 1000 grams</i> |
| 4. | <i>Creatine 1000™</i> | <i>Label - 90 Capsules</i> |
| | <i>Creatine</i> | <i>Label - 1000 grams</i> |
| 5. | <i>Creatine 1000™</i> | <i>Label - 90 Capsules</i> |
| | <i>Creatine</i> | <i>Label - 1000 grams</i> |
| 6. | <i>Creatine 1000™</i> | <i>Label - 90 Capsules</i> |
| | <i>Creatine</i> | <i>Label - 300 grams</i> |
| | <i>Creatine</i> | <i>Label - 1000 grams</i> |

I, Patricia L. Vazquez, am authorized to certify this Notification on behalf of Natural Balance, Inc. I certify that the information presented and contained in this Notification is complete and accurate, and that Natural Balance, Inc. has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: 12.1.98

By: Patricia L. Vazquez

Title: Director, Regulatory Affairs