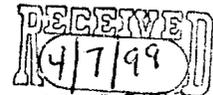


NOTIFICATION PURSUANT TO  
SECTION 6 OF DSHEA  
AND 21 CFR §101.93



8876 '99 APR 20 P2:03

This notification is being filed on behalf of **Labrada Bodybuilding Nutrition, Inc.** which is the **marketer/distributor** of the product(s) which bear the statements identified in this notification. Its business address is: **403 Century Plaza Drive, Suite 440, Houston, Texas 77073; tel. (800) 832-9948.** 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 the statements appear is **Creatine Monohydrate.** This product can be best described as an **amino acid supplement.**

Recommended dosage: 5 grams per day

Structure-Function Statements

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

(Statement 1): Research shows that oral administration of creatine, several times daily, increases muscle stores of creatine by as much as 50%, resulting in lean body mass gains.

(Statement 2): Creatine supplementation may also increase the ability to sustain higher workout intensity levels for longer periods of time.

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

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

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I, **Lee Labrada**, am authorized to certify this Notification on behalf of **Labrada Bodybuilding Nutrition, Inc.** I certify that the information presented and contained in this Notification is complete and accurate, and that **Labrada Bodybuilding Nutrition, Inc.** has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: 3/19/99, 1999 By:   
Lee Labrada, CEO

(CREATINE MONOHYDRATE)