

*rec'd 2/5/99*

**NOTIFICATION PURSUANT TO**  
**SECTION 6 OF DSHEA**

In compliance with Section 6 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 **Metaform® Heat #52190 & 52208** bearing the statements set out below:

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

The text of each structure-function claim for **Ephedrine / Caffeine / Chromium / Carnitine / Magnesium / Quercetin / Whey Protein / Complex Carbohydrates** is as follows:

- (Statement 1)            A. High Energy Advanced Thermogenic  
                              B. C4™ Thermogenic Formula
- (Statement 2)            Metaform HEAT™ is a scientifically designed thermogenic dietary supplement. In addition to advanced macro-nutrient components like ion-exchanged whey protein and a complex carbohydrate blend; Metaform HEAT™ contains the proprietary thermogenic formula - C4™. C4™ is potentially the most powerful thermogenic formula legally available.
- (Statement 3)            WHAT:  
                              A. Maximum strength caffeine and ephedrine for improved workout and contractile strength  
                              B. Quercetin to increase the duration of beneficial effects  
                              C. Protein is important for energy and helps restore muscle tissue
- (Statement 4)            WHO:  
                              A. Athletes who want more mental focus  
                              B. Athletes who want to mobilize bodyfat for energy  
                              C. Those in bodybuilding contest preparation  
                              D. Those with problems managing their body-fat percentage
- (Statement 5)            WHY:  
                              A. For Pre-Workout Energy  
                              B. Methylxanthines include caffeine and theophylline, which work synergistically with Beta Agonists to inhibit the removal of Beta Receptors, the metabolic spark plugs for high intensity training and calorie burning.  
                              C. When these compounds are combined, they elicit a thermogenic response, which can raise the daily energy expenditure leading to lipolysis.  
                              D. Quercetin, a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging their effects

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(Statement 5) WHEN:  
A. Pre-Exercise  
B. Mid-Day Energy Boost

(Statement 6) High Energy Thermogenic

(Statement 7) Metaform **HEAT**<sup>TM</sup> is a scientifically designed thermogenic dietary supplement. In addition to advanced macro-nutrient components like ion-exchange whey protein and a complex carbohydrate blend, Metaform **HEAT**<sup>TM</sup> contains the proprietary thermogenic formula - **C4**<sup>TM</sup>. **C4**<sup>TM</sup> is potentially one of the most powerful thermogenic formulas legally available.

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International., Inc. am authorized to certify this Notification of 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 15<sup>th</sup> day of February, 199 9.

WEIDER NUTRITION INTERNATIONAL, INC.

BY:   
DR. LUKE R. BUCCI  
Vice President of Research