

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® Creatine 400™ Product #52479** bearing the statements set out below:

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

3/11/99

The text of each structure-function claim for **Creatine Monohydrate** is as follows:

(Statement 1) Metaform's Pure creatine Monohydrate is a safe natural compound that has been clinically proven to support the synthesis of adenosine triphosphate (ATP) - the body's natural source of energy. Studies show that creatine supplementation decreases recovery times from intense physical exercise and promotes strength as well as stamina. This means exercise frequency and muscle workload can be increased. Metaform's **Creatine 400™** works as a super-hydrating cell volumizer. This characteristic gives muscles a "pumped" appearance. Scientific studies have shown that when cells are adequately hydrated, muscle catabolism is minimized.

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 26th day of February, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 

DR. LUKE R. BUCCI
Vice President of Research

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