

August 22, 2000

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Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

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

Nutritional Support claim being made:

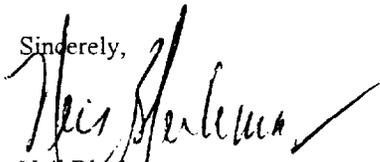
Creatine Fizz Fuel is an active transport system for quicker muscle uptake. Creatine, in the form of Twinlab's Creatine monohydrate, is a highly effective supplement to boost strength, power and performance. Now comes a breakthrough formula that enables Creatine to be rushed into the blood stream, for quicker transport and even accelerated results. Twinlab's unique active transport system includes glutamine, taurine, and lipoic acid. With new Creatine Fizz Fuel, the quick effervescent action assures a virtually instantaneous surge.

Dietary supplement ingredients: Creatine Monohydrate, Glucose Monomers and Polymers,  
Glutamine, Taurine and Alpha-lipoic acid.

Product brand and name: Creatine Fizz Fuel

As required, enclosed are two photocopies of this notification.

Sincerely,



Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

Enclosures

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