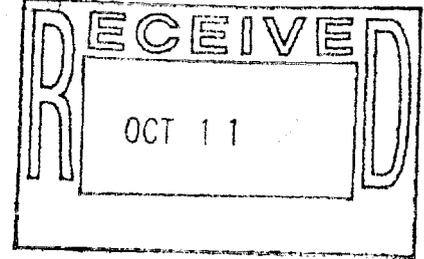


FITNESS LABS™  
NUTRITION CORPORATION

September 29, 2000

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Linda S. Kahl, Ph.D.  
Office of Special Nutritionals (HFS-450)  
Center of Food Safety and Applied Nutrition  
Food and Drug Administration  
200 "C" St. S.W.  
Washington, D.C. 20204

Dear Dr. Kahl:

Fitness Labs Nutrition Corporation wishes to notify the Food and Drug Administration that it has, within the past 30 days, commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is L-Glutamine powder. The dietary ingredient that is the subject of the statement is L-Glutamine. The statements read as follows.

**"More Growth Hormone. Perhaps the most exciting news for bodybuilders and those fighting the aging process is glutamine's effect on growth hormone. As you already know, growth hormone is one of the body's most anabolic (muscle building) hormones. A recent study of 9 healthy athletes reported on in the American Journal of Clinical Nutrition showed a 430% increase in growth hormone within 90 minutes of taking a 2 gram oral dose of L-glutamine consumed after a light breakfast."**

These statements are accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,  
Fitness Labs Nutrition Corporation

Daniel R. McFarland  
President

975-0162

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