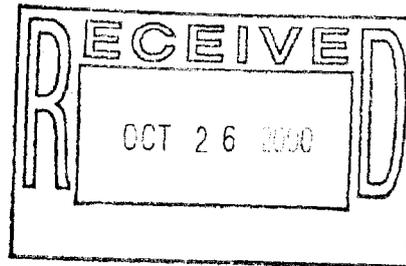


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October 23, 2000

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 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and Address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.
150 Motor Parkway
Hauppauge, NY 11788

Text of statement being made: "Helps maintain healthy insulin function for body builders and strength athletes"; "Transports amino acids and glucose into muscle where it is converted into glycogen, which aids in recovery from exercise."

Dietary supplement ingredients: Vitamin E, Magnesium, Zinc, Chromium, Alpha Lipoic Acid, Vanadyl Sulfate, Bis-Maltolato Oxo Vanadium, D-Pinitol.

Dietary Supplement brand and name: Twinlab PRO INSULIN FUEL.

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

A handwritten signature in cursive script that reads "Neil Blechman".

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

975-0162

6133
Ret ~~_____~~