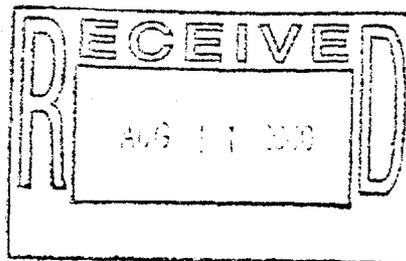




Monday, July 24, 2000

Division of Compliance and Enforcement/ONPLDS  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
HFS-810  
200 C Street, S.W.  
Washington, DC 20204  
202-205-5229



Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) **Name of Address of distributor:**

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) **Text of the statement(s):**

**Muscular Energy Source:** Creatine Surge contains anticatabolic nutrients such as creatine, glutamine and taurine delivered in a base of 35 grams pure dextrose (glucose), which is critical to the replenishment of muscle glycogen. Dextrose is superior to maltodextrin and fructose in stimulating the release of insulin to enhance glycogen storage in muscles. Creatine Surge incorporates specific anticatabolic nutrients that aid in protein and glycogen synthesis. L-Glutamine – an amino acid that improves glycogen synthesis and intramuscular nitrogen balance. Alpha Lipoic Acid – a powerful antioxidant that shuttles carbohydrates into muscle cells, resulting in enhanced glucose metabolism. Alpha lipoic acid supports glutathione synthesis. Taurine – an insulin mimetic that allows better carbohydrate entry into muscles. Vitamin C – to provide antioxidant protection against exercise-induced free radicals. Vitamin C is essential for connective tissue integrity.

(3) **Name of the dietary ingredient if not provided in the text of the statement:**

Combination of nutrients, including Creatine Monohydrate, glutamine, taurine, dextrose, and vitamin C.

(4) **Name of the dietary supplement**

Creatine Surge (regular flavor) 45 grams size  
Creatine Surge (regular flavor) 908 grams size  
Creatine Surge (regular flavor) 1816 grams size

7472

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995-0162

5824  
71935

**(5) The following disclaimer appears on the label in bold:** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,



Siddharth Shastri, CCN

Vice President, Director of Product Development  
Licensed Dietitian/Clinical Nutritionist, #002378  
(by the University of the State of New York, State Board of Education)