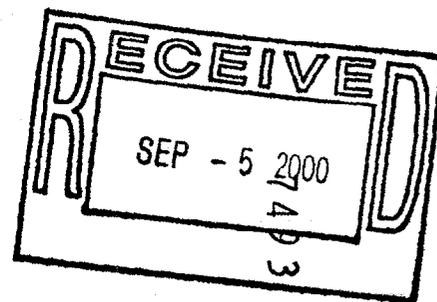


August 29, 2000

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



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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

Text of statement being made: "Carbohydrates spare protein in the body. They help keep nitrogen levels high and assist in the body's utilization of amino acids in building muscle protein. B-complex vitamins function as metabolic activators and enhance amino acid, carbohydrate and energy metabolism. "When taken orally as a dietary supplement, peptide-bonded amino acids (derived from pancreatic digests of protein) increase nitrogen retention sixteen times more than that of crystalline free form amino acid mixtures (Smith et al. 1982)."

Dietary supplement ingredients: Carnitine, Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Pharmaceutical Grade Peptide-Bonded and Free Amino Acids, Stress B-Complex Vitamins and Lipotropic Factors (fat metabolizers) Choline and Inositol, and Complex Carbohydrates .

Dietary supplement brand and name: Twinlab AMINO 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,

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

975-0162

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