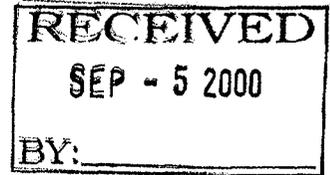


August 30, 2000



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 you superhydrate, drawing water into your muscles and body. Research shows athletes who use glycerol before exercise perform better than athletes who don't. Plus they stayed cooler and had a lower heart rate."

Dietary supplement ingredients: Glycerol.

Dietary supplement brand and name: Twinlab GLYCEROL 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

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