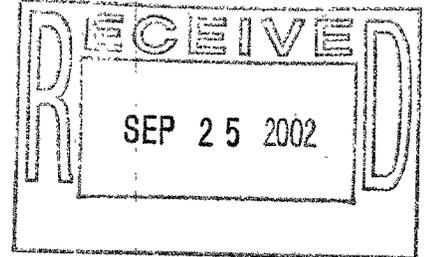


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September 19, 2002

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835



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: "energy producing substance for enhanced performance, and cell volumizing amino acids glutamine and taurine"
"improves muscle strength, performance and lean mass"
"significant increase in peak power output"

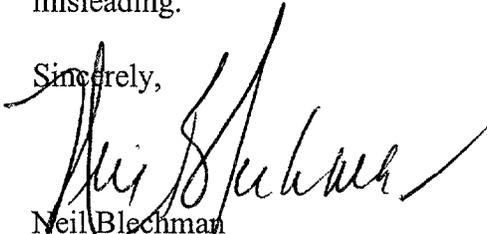
Dietary supplement ingredients: Chromax® Chromium Picolinate, Creatine Monohydrate, L-Glutamine, Taurine, Alpha-Lipoic Acid.

Dietary supplement brand and name: Twinlab CREATINE FUEL LOADING DRINK

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 statements being made are truthful and not misleading.

Sincerely,


Neil Blechman
Executive Vice President
Twin Laboratories Inc.

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Enclosures