



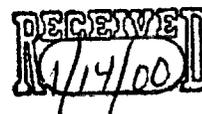
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December 28, 1999

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



Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statement on our Creatine products (Chewable Creatine, Creatine Powder, Creatine Caps, Creatine Punch, Nitro Boost Liquid Creatine, Betagain and Crea-Tech) under one or more of the following brand names: American Health, Body Fortress, Good 'N Natural, Health's Finest, Heartland, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Puritan's Pride, US Nutrition, Vitamin World:

Creatine Products

Creatine is mainly located in the brain, and in the skeletal muscle where it plays a key role in energy transfer. Creatine makes up 0.3-0.5% of muscle weight.

Chewable Creatine

Creatine, a dietary component found naturally in the body, makes up 0.3-0.5% of muscle weight. Creatine plays a role in the production and maintenance of ATP, the fuel needed for muscle contractions. Creatine helps promote energy transfer in muscles during hard workouts. In fact, up to 95% of the body's Creatine is found in the skeletal muscles.

Crea-Tech

Bodybuilders and athletes know Creatine is a key player in energy transfer within muscles. A full 95% of the body's Creatine is located in the skeletal muscles where it exists in free form.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD
Director of Nutrition Communications

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