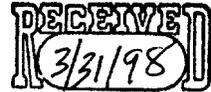


NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA



In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Metaform™ Metaform™ Product #52190 and Metaform™ HEAT™ Product #52208** bearing the statements set out below:

3 3 4 2 '98 APR 14 P 2 :22

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim for **24mg Ephedrine; 200mg Caffeine; 12mg Yohimbine 200mcg Chromium; 100mg L-carnitine; Magnesium; Quercetin** is as follows:

- (Statement 1) High Energy Advanced Thermogenic Formula
- (Statement 2) Metaform HEAT is a scientifically designed thermogenic superfood. In addition to advanced macro-nutrient components like ion-exchange whey protein and a complex carbohydrate blend; Metaform HEAT contains the proprietary thermogenic formula.
- (Statement 3) Metaform HEAT contains thermogenic botanical. These herbs naturally contain several ephedrine isomers, **methylxanthines** (natural caffeine-related compounds), bioflavonoid, and other alkaloids. When these compounds are combined, they elicit a thermogenic response which can raise the daily energy expenditure lead to lipolysis (fat burning).
- (Statement 4) Designed for: those in bodybuilding contest preparation and those with problems managing their body-fat percentage.
- (Statement 5) More Beta Receptor Agonists -- The cornerstone of a great thermogenic formula is Beta Agonists, which depending on whether they are classified as beta-1, beta-2, or even beta-3, trigger the release and breakdown of stored fat.
- (Statement 6) Maximum Methylxanthines -- Methylxanthines include caffeine and **theophylline**, which work synergistically with Beta Agonists to inhibit the removal of Beta-receptors, the metabolic sparkplugs for high intensity training and calorie burning. Methylxanthines also regulate epinephrine, adenosine and phosphodiesterase to elicit an even greater caloric burning effect.
- (Statement 7) Alpha Receptor Antagonists -- By including standardized Yohimbe the mobilization of fat is enhanced. This is accomplished by the feedback loop of epinephrine.

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(Statement 8)

Key Bioflavonoid -- Metaform HEAT contains Quercetin, a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging their effects. Guarana and Green Tea contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle protein breakdown by controlling prostaglandins, chemicals which can potentate cortisol's muscle-wasting effects.

I, Luke R. Bucci, Ph. D., CCN, CNS, Vice President of Research at Weider Nutrition International, Inc. am authorized to certify this Notification of behalf of the Company, I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 25th day of March, 199 8.

WEIDER NUTRITION INTERNATIONAL, INC

BY:



DR. LUKE R. BUCCI

Vice President of Research

STRUCTURE / FUNCTION CLAIMS

**NUTRIENT: Ephedrine / Caffeine / Yohimbine / Chromium /
Carnitine / Magnesium / Quercetin**

DATE: March 11, 1998
Document Name: sfOI heat.wpd

BY: Luke R. Bucci, PhD

BRAND, CODE # & PRODUCT NAME(S): Metaform 52190 & 52208 HEAT™ 12 paks

NUTRIENT AMOUNT: 24mg ephedrine; 200mg caffeine; 12mg yohimbine; 200mcg chromium; 100mg L-carnitine; magnesium; quercetin per serving (1 packet)

STRUCTURE/FUNCTION CLAIM:

Box & Literature:

- High Energy Advanced Thermogenic
- C4™ Thermogenic Formula

Metaform HEAT is a scientifically designed thermogenic superfood. In addition to advanced macro-nutrient components like ion-exchange whey protein and a complex carbohydrate blend; Metaform HEAT contains the proprietary thermogenic formula -- C4™. C4™ is potentially the most powerful thermogenic formula legally available,.

Metaform HEAT contains thermogenic botanical. These herbs naturally contain several ephedrine isomers, methylxanthines (natural caffeine-related compounds), bioflavonoid, and other alkaloids. When these compounds are combined, they elicit a thermogenic response which can raise the daily energy expenditure leading to lipolysis (fat burning).

Designed for:

- Those in bodybuilding contest preparation.
- Those with problems managing their body-fat percentage.

Literature:

- More Beta Receptor Agonists

The cornerstone of a great thermogenic formula is Beta Agonists, which depending on whether they're classified as beta-1, beta-2, or even beta-3, trigger the release and breakdown of stored fat.

- Maximum Methylxanthines

Methylxanthines include caffeine and theophylline, which work synergistically with Beta Agonists to inhibit the removal of Beta-receptors, the metabolic sparkplugs for high intensity training and calorie burning. Methylxanthines also regulate epinephrine, adenosine and phosphodiesterase to elicit an even greater calorie burning effect.

- Alpha Receptor Antagonists

By including standardized Yohimbe the mobilization of fat is enhanced, This is accomplished by

the feedback loop of epinephrine.

- Key Bioflavonoid

Metaform HEAT™ contains Quercetin a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging their effects. Guarana and Green Tea contain other bioflavonoid with similar properties. These powerful ingredients can prevent muscle protein breakdown by controlling prostaglandins, chemicals which can potentate cortisol's muscle-wasting effects.

 3/18/98

Approved by/ Date

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