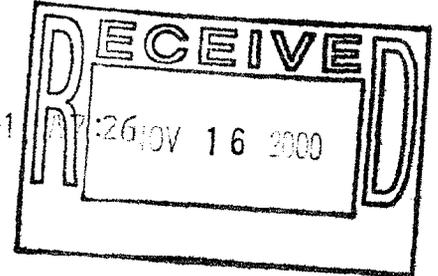


Partners in Health and Beauty



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

November 14, 2000

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 (DSHEA), that Country Life® is using the following statement on the label of L-Glutamine Muscle Surge Powder (dietary ingredient: L-glutamine). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

**Lean mass preserver. An important metabolic fuel, glutamine helps support the immune system and contribute to glycogen storage in skeletal muscles. Helps the body preserve muscle tissue. Anti-catabolic properties. Important metabolic fuel. Important component of glutathione, a mediator with antioxidant properties. It's for everyone wishing to preserve lean muscle tissue during intense exercise.**

Sincerely,

Morag Thorsen  
Regulatory Affairs Manager B.A., M.A.L.S.