



**ADVOCARE®**  
*We Build Champions*

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8/2/04

July 26, 2004

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

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

**The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:**

AdvoCare International, L.P.  
2727 Realty Road, Suite 134  
Carrollton, TX 75006

**Product Name:** Thermo P

**Statement(s)**

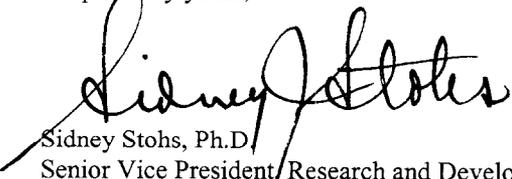
**Basis for Statement**

|                                       |   |                       |
|---------------------------------------|---|-----------------------|
| Supports increased energy levels      | Oolong tea extract ( <i>Camellia sinensis</i> )<br>Kola nut extract ( <i>Cola acuminata</i> )   | L-Glutamine           |
| Helps stimulate and support lipolysis | Oolong tea extract ( <i>Camellia sinensis</i> )<br>Kola nut extract ( <i>Cola acuminata</i> )<br>Coleus extract (root – <i>Coleus forskohlii</i> )  | L-Glutamine<br>Niacin |
| Provides antioxidant activity         | Oolong tea extract ( <i>Camellia sinensis</i> )<br>Kola nut extract ( <i>Cola acuminata</i> )<br>Coleus extract (root – <i>Coleus forskohlii</i> )<br>Resveratrol (from <i>Polygonum cuspidatum</i> ) |                       |
| May help reduce craving for sweets    | L-Glutamine<br>L-Tyrosine   |                       |
| Helps suppress appetite               | Oolong tea extract ( <i>Camellia sinensis</i> )<br>Kola nut extract ( <i>Cola acuminata</i> )   |                       |

**Certification**

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

  
Sidney Stohs, Ph.D.  
Senior Vice President, Research and Development  
AdvoCare International, L.P.

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2727 Realty Road, Carrollton, TX 75006