

7 0 1 1 T E M 1 5 2 0 0 4

September 15, 2003

Food and Drug Administration
Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
200 C Street, SW
Washington, DC 20204

SEP 24 2003
BY:

Dear Sirs:

Notice is hereby given pursuant to the requirements of section 403(r)(6) (21 U.S.C. 343(r)(6)) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that Lidtke Technologies Corp., 4665 S. Ash Ave., Suite G-13, Tempe, AZ 85282 has commenced marketing a dietary supplement bearing the following statements on the label and/or in the labeling:

(text of claim on the product label)"L-Tryptophan, USP, A Pharmaceutically Pure Amino Acid"

(text of claim on the product information sheet)"Tryptophan – Are You Missing this Essential Nutrient?"

By Dr. Pat Hallman, N.M.D.

Vitamins Are Important, but L-Tryptophan is Essential

In 1901, Sir Frederick Gowland discovered L-Tryptophan - an essential amino acid that Gowland showed was absolutely necessary to sustain life. Gowland's fascination with essential nutrients led, a decade later, to his discovery of the vital nutrients that, today, we call vitamins. Today, everyone knows that vitamins are an important part of a healthy lifestyle, but many are amazed to learn that some amino acids, including L-Tryptophan are *essential*.

Not all amino acids are essential . . .

But, can you afford to ignore one that is?

975 0162

LET 13/51

Now, over one hundred years later, the need for L-Tryptophan continues to grow. It is still absolutely necessary to sustain life. And, in today's intense, hassle-filled, high-stress world, L-Tryptophan may be even more essential. Only L-Tryptophan can increase your body's supply of serotonin, the neurotransmitter that lets your mind be calm in the face of

overwhelming tension, anxiety and uncertainty. Only L-Tryptophan promotes the natural, restful sleep that comes when you have enough serotonin. And only L-Tryptophan is the essential building block for many life-giving biomolecules, including structural proteins, enzymes and the neurotransmitters, serotonin and melatonin.

Outstanding Benefits of L-Tryptophan

- Relieves occasional sleeplessness
- Soothes nervous irritability
- Relieves muscle pain from exercise
- Reduces premenstrual symptoms
- Supports a good mood
- Helps relieve the craving for carbohydrates.

Does Your Doctor Know What These Doctors Know?

Because L-Tryptophan is the least abundant amino acid in our diet, it should be no surprise that L-Tryptophan supplements have been widely used to correct deficiencies for more than a quarter of a century by doctors in the United States and Europe. Psychiatrists, medical doctors, and nutritionists, alike, have long recognized the importance of pure L-Tryptophan for maintaining good health, relieving poor mood and irritability, reducing the craving for carbohydrates and normalizing sleep.

New Evidence of Cell-to-Cell Communication

Recent research has shown that the communication between cells of your body is far more intricate and important than ever imagined. Everything from your mood to your appetite is based on the free-flow of information between these cells. Serotonin is one of the most abundant cell-to-cell communicators, called neurotransmitters, in your body, and only L-Tryptophan is the essential amino acid that makes serotonin. Since serotonin is one of the most abundant neurotransmitters, and L-Tryptophan is the least abundant amino acid, supplementation is often required to maintain optimal health.

How Do Physicians Recommend Taking L-Tryptophan?

For occasional sleeplessness, many respected physicians have their patients take two 500 mg capsules an hour before bedtime – sometimes adding an extra capsule right at bedtime for those who have trouble staying asleep. L-Tryptophan can also help those who fall asleep readily, but occasionally wake-up too early. A capsule or two by the bedside, that can be easily taken, has been a real life-saver for those nights when you're stirred awake at three A.M.

To support a good mood, L-Tryptophan can be taken at any time of the day, but it's most commonly taken in the evening. After all, a good night's sleep is often the crucial first step towards chasing away the blues. For a great mood, to relieve premenstrual symptoms and to break the cycle of muscle pain from exercise, doctors suggest starting

with two capsules, then increasing your dose to one capsule for every 50 pounds of body weight.

Getting the Most from L-Tryptophan

Many people get a great night's sleep or "knock-out" the blues with L-Tryptophan without giving diet a second thought. For those of you who want to squeeze every drop of value from L-Tryptophan, here's an inside secret. A little juice or carbohydrate snack helps push L-Tryptophan into the brain where it can do the most good. Another trick is to avoid proteins within an hour of taking your L-Tryptophan capsules. Since proteins compete with L-Tryptophan for absorption, you'll get more L-Tryptophan in your system if you avoid eating proteins at the same time.

Order L-Tryptophan from Lidtke Technologies

Each gelatin capsule contains 500 mg of 100% L-Tryptophan, manufactured through a natural fermentation process without the use of synthetic chemicals or toxic solvents. Order L-Tryptophan from Lidtke Technologies and you will receive pure, pharmaceutical-grade L-Tryptophan, USP, from the people trusted by doctors and patients in over twenty-five countries. You have our word on it. If you have questions, Call Lidtke Technologies. We'll put you in touch with a knowledgeable physician who can answer them."

(text of claim on the product advertisement)"There is no substitute for a good night's sleep.

L-tryptophan

From the people who care enough to do it right!

L-tryptophan is an essential amino acid that is critical for the formation of many life-giving biomolecules, including proteins, enzymes and the neurotransmitters, serotonin and melatonin.

No other amino acid, vitamin, mineral or herb can take the place of L-tryptophan.

- Relieves occasional sleeplessness
- Soothes nervous irritability
- Relieves muscle pain from exercise
- Reduces premenstrual symptoms
- Supports a good mood
- Helps relieve the craving for carbohydrates.

L-Tryptophan, USP (name of supplement)

Lidtke Technologies Corp. (brand name)

The undersigned certifies that the information contained in this notice is complete and accurate and that Lidtke Technologies Corp. has substantiation that the statement is truthful and not misleading.

Yours truly,

A handwritten signature in black ink, appearing to read "Ronald G. Sturtz", with a long horizontal flourish extending to the right.

Ronald G. Sturtz
President