



ADVOCARE®
We Build Champions

OCT 1 2004

September 28, 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: Muscle Fuel

Statement(s)

Basis for Statement

Supports muscle metabolic processes

D-Ribose
Calcium pyruvate
L-Carnitine
L-Citrulline
Betaine (as HCL)
L-Arginine alpha ketoglutarate
Pantothenic acid (as calcium pantothenate)
Vitamin B-12 (as cyanocobalamin)
Calcium (as calcium citrate)
Vitamin A (as beta carotene)
Vitamin C (as ascorbic acid)
Creatine
Folic Acid
Glycine

Enhances physical performance and endurance

D-Ribose
Calcium pyruvate
L-Carnitine
Betaine (as HCL)
Green tea extract (Camellia sinensis)
Boron (as amino acid chelate)
Caffeine
Creatine
L-Citrulline
L-Arginine alpha ketoglutarate

Helps maintain and restore energy supplies during and after physical activity

D-Ribose
Calcium pyruvate
L-Carnitine
L-Citrulline
Betaine (as HCL)
Calcium (as calcium citrate)
L-Arginine alpha ketoglutarate
Pantothenic acid (as calcium pantothenate)
Vitamin B-12 (as cyanocobalamin)
Vanadium (as amino acid chelate)
Vitamin A (as beta carotene)
Vitamin C (as ascorbic acid)
Creatine
Folic Acid
Glycine
Chromium (as chromium citrate)

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Supplies essential components for muscle gain during and after physical activity

D-Ribose
Calcium pyruvate
L-Carnitine
L-Citrulline
Betaine (as HCL)
L-Arginine alpha ketoglutarate
Pantothenic acid (as calcium pantothenate)
Creatine

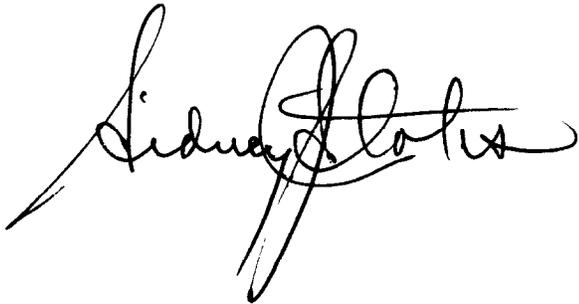
Provides antioxidant activity

Vitamin A (as beta carotene)
Vitamin C (as ascorbic acid)
Green tea extract (Camellia sinensis)

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,

A handwritten signature in black ink, appearing to read "Sidney Stohs". The signature is written in a cursive style with a large, prominent initial "S".

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