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January 6, 2005

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 20740-3835

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "...energize your body to safely promote weight loss while maintaining lean body mass when taken as recommended"

Dietary supplement ingredients: Chromium, Free B-Ring Flavonoids, Flavans, Cocoa Seed Extract, Green Tea Leaf Extract, Caffeine, L-Carnitine, Cayenne Fruit Extract.

Dietary supplement brand and name: Twinlab ULTIMATE DIET FUEL TRIM CAPSULES

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statement being made is truthful and not misleading.

Sincerely,

Myron Lyskanycz  
Vice President of Marketing  
IdeaSphere Inc.

975 0162 LET 15443

Enclosures