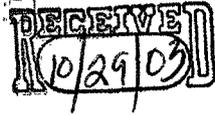




Body Wise International, Inc.  
2802 Dow Avenue  
Tustin, California 92780

Tel: 714-505-6121  
Fax: 714-832-5315

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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 Pkwy.  
College Park, MD 20740

RE: Notification of statements on a dietary supplement known as, Workout Formula™.

October 20, 2003

Dear Ladies/Gentlemen;

Pursuant of 21 C.F.R. Subpart F, section 101.93, Body Wise International, Inc. ("Body Wise" the distributor, which is located at 2802 Dow Avenue, Tustin, CA 92780) wishes to notify the Food and Drug Administration that it has commenced marketing a dietary supplement known as Workout Formula™ which includes statements of nutritional support in it's labeling.

The following statements are being made for the dietary supplement known as Workout Formula™.

- Workout Formula™ gives your body the energy it needs for a powerful, effective workout every time! In addition to a balanced diet, the exciting ingredients found in the Workout Formula replenish your body while maximizing your athletic performance so you become the best you can be, now and in the years to come. (**Addressed by the ingredients: Vitamin B6, Chromium, Potassium, Inulin Analog, Creatine Monohydrate, Wild Yam Root, Cytochrome C Oxidase, L-Carnitine, Ornithine-Alpha-Ketoglutarate, L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, Siberian Ginseng Root, Taurine, Glycine, Betaine HCl, Ferulic Acid, L-Methionine, L-Cysteine HCl, L-Glutathione, L-Arginine HCl, L-Aspartic Acid, L-Citrulline, L-Glutamic Acid, L-Lysine HCl, L-Ornithine HCl, CoEnzyme Q10, Inosine, Boron, and Vanadium.**)
- **Creatine Monohydrate** Assists in maintaining size and muscle strength and may prolong endurance.
- **Creb's Cycle Chromium** A trace mineral that supports a healthy lean muscle mass and may help support healthy insulin levels.
- **Boron** Assists in the retention of the body's calcium stores.

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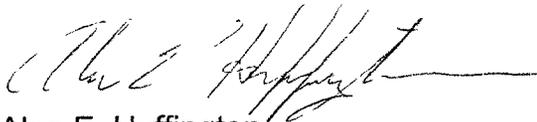
- **L-Carnitine** Supports the body's ability to utilize fat as an energy source.
- **Siberian Ginseng** Adaptogenic properties include the ability to reduce stress and improves quality of athletic performance and work output under stressful conditions.

The above statements are accompanied by the required disclaimer, which is prominently displayed in a box in boldfaced type.

The information contained in this notice is complete and accurate. Body Wise maintains on file substantiation that these statements are truthful and non-misleading.

An original and two copies of this notification are being submitted.

Sincerely,



Alan E. Huffington  
Director of Regulatory Affairs

dw/AEH

Enclosures: Two copies of this two-page letter.