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Dr. Christine Lewis, Ph.D., Director
Office of Nutritional Products Labeling and Dietary Supplements
United States Food and Drug Administration
200 C Street SW, Washington, DC 20204

August 18, 2000

Notice of a 403(r)(6) Statement -
Multiple Statements and Ingredients

Dr. Lewis,

This letter serves notice that M.K. Health Food Distributors, Inc., dba Nature's Life, located at 7180 Lampson Avenue, Garden Grove, California, 92841, U.S.A. is marketing a dietary supplement whose label bears 403(r)(6) statements as follows:

CreaTain™ Muscle Toner.
For Enhanced Energy and Muscle Tone.
Creatine, Ribose & Magnesium to Attain and Maintain Muscle Tone while Improving Energy Levels.
Creatine is an amino acid synthesized in the body to help maintain muscle tone and energy.
Creatine also helps to attain, retain and maintain good muscle tone.
In the elderly, supplemental creatine and ribose help decrease muscle soreness, shorten recovery time from exertion and provide energy after physical activity.
Magnesium is essential for effective nerve & muscle function and is critical for muscle contraction and relaxation.

Creatine, ribose, and magnesium are the dietary ingredients that are the subject of these statements and CreaTain™ Muscle Toner is the name of the dietary supplement that is the subject of these statements.

Regards & Health,

Karl Riedel

encl: Two Copies of this Notice

cc: M.K., C.M., K.C.

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Quality You Can Trust