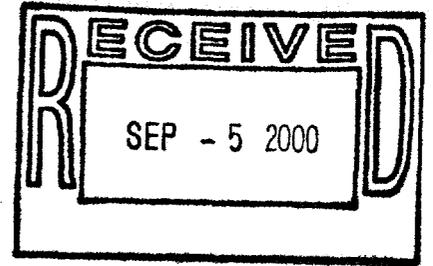


August 29, 2000



Office of Special Nutritionals (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam:

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

Name and address of Dietary Supplement Manufacturer: Twin Laboratories, Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "Ultra anabolic weight gain formula"; "Higher in energizing and protein sparing carbohydrates"; "Enriched with branched chain amino acids (L-leucine, L-isoleucine, L-valine). These anti-catabolic amino acids can help minimize muscle protein breakdown"; "Contains high potencies of the anabolic mineral chromium (400 mcg per serving) derived from Chromic Fuel (patented Chromium Picolinate patent #4,315,927). A recent study with weight-training athletes suggests that chromium picolinate helps to preserve muscle mass."

Dietary supplement ingredient: Highest Biological Quality Milk and Egg Proteins, Anti-Catabolic Amino Acids and Chromium Picolinate.

Dietary supplement brand and name: Twinlab GAINERS FUEL.

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 Twin Laboratories, Inc., has substantiation that the statement is truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "Neil Blechman".

Neil Blechman  
Executive Vice President  
Twin Laboratories Inc.

Enclosures

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