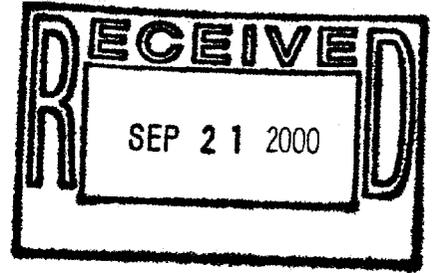


September 18, 2000



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

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Text of statement being made: "MCTs are lipids composed of medium-chain fatty acids. These unique lipids provide more than twice the energy power of carbohydrates and protein, and are less likely to turn into body fat than are long chain fatty acids. MCTs are an alternative energy source which are readily utilizable and can reduce muscle protein breakdown. These are catabolic conditions where muscle breakdown exceeds muscle growth. Similarly, prolonged, exhaustive exercise and dieting (restricting caloric intake) is also a catabolic state in which muscle protein is being broken down in order to provide metabolic energy. This would suggest that as an alternative energy source, MCTs may benefit some athletes and those athletes restricting carbohydrates and calories in the diet."

Dietary supplement ingredients: Medium Chain Triglycerides.

Dietary supplement brand and name: Twinlab MCT 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,

Neil Blechman
Executive Vice President
Twin Laboratories, Inc.

Enclosures

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