



June 29, 2004

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

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

AdvoCare International, L.P.
2727 Realty Road, Suite 134
Carrollton, TX 75006

Product Name: Performance Optimizer System (POS) 5

Statement(s)

Basis for Statement

Enhances muscle size and strength
while reducing muscle breakdown associated
with intense exercise

Suma extract (Pafaffia paniculata)
HMB (beta-Hydroxymethylbutyrate)

Helps muscles adapt to physical stress, enhances
endurance and speeds recovery

Ashwagandha extract (Withania somnifera)
Moomiyo
Green tea extract (Camellia sinensis)

Supports increased muscle strength and increased
muscle mass

HMB (beta-Hydroxymethylbutyrate)
Suma extract (Pafaffia paniculata)

Provides nutritional support to enhance development
of muscle mass and strength

Suma extract (Pafaffia paniculata)
HMB (beta-Hydroxymethylbutyrate)

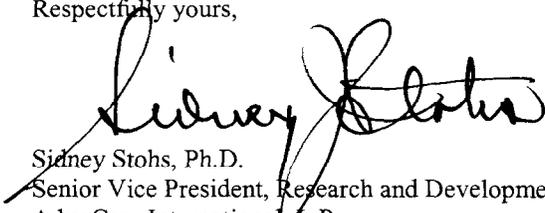
Provides antioxidant activity

Ashwagandha extract (Withania somnifera)
Moomiyo
Green tea extract (Camellia sinensis)

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,


Sidney Stohs, Ph.D.
Senior Vice President, Research and Development
AdvoCare International L.P.

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