



Apex Fitness Group™
100 Camino Ruiz
Camarillo, CA 93012

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July 29, 2005

AUG -9 2005

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

Dear Sirs:

Notice is hereby given pursuant to Section 403 (r)(6)(21 U.S.C. 343(r)(6)) of the Federal Food Drug and Cosmetic Act that Apex Fitness Group, 100 Camino Ruiz, Camarillo, CA 93012 has marketed a dietary supplement under Apex Fitness Group Max "L-Glutamine Powder" bearing the following statement(s) on the label and/or in the labeling:

- (Statement 1) 5g per serving to support muscle growth and recovery
- (Statement 2) "Max Glutamine" Contributes to cell volume
- (Statement 3) "May aid with recovery" By preventing muscles from having to release their glutamine

The undersigned certifies that the information contained in this notice is complete and accurate and that Apex Fitness Group has substantiation that the statement(s) is truthful and not misleading. Pursuant to 101.93 (a)(1), two copies of this notification are enclosed.

Jim Starr
Director Product Development

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