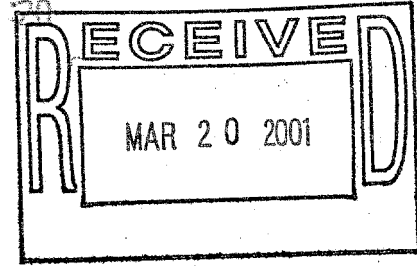


Partners in Health and Beauty

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

March 7, 2001

This letter serves as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 @SHEA), that Country Life® is using the following statement on the label of PowerVol™ ATP Powder (dietary ingredients: beta carotene, phosphorus, magnesium, chromium, sodium, potassium, glutamine petide, magnesium creatine chelate, L-leucine, L-isoleucine, L-valine, di-potassium phosphate, alpha-lipoic acid, d-pinitol (3-0-methyl-D-chiro-inositol), corosolic acid). This statement is accompanied by the required disclaimer. To the best of my knowledge, the information contained in this notice is complete and accurate.

**Maximize your workouts with this powerful new advanced creatine formula! PowerVol™ ATP features patented creatine magnesium chelate, a “next generation” creatine that provides a highly bioavailable source of creatine and magnesium which can help prevent cyclization of creatine in the gut and improve creatine absorption. Creatine is the best researched sports supplement on the market today with dozens of studies showing that it can enhance lean muscle mass, increase strength and power, and support energy levels. This amazing new lower carbohydrate creatine transport formula also provides a great source for magnesium which is a critical mineral for supporting energy levels and strength. In fact, magnesium actually stabilizes ATP (energy) in the body. This break through formula also features a whopping 5 grams of glutamine peptides and the very important branched chain amino acids which can help support lean muscle and reduce’ muscle breakdown secondary to exercise.**

**To increase creatine uptake into muscle tissue, PowerVol™ ATP also contains a unique lower but potent carbohydrate blend, alpha lipoic acid, d-pinitol, chromium polynicotinate and corosolic acid. These important ingredients can also support healthy glucose levels. Phosphates are added to increase optimal creatine storage in muscle tissue. To round out this “one of a kind” formula, phosphates are added to increase optimal creatine storage in muscle tissue. With PowerVol™ ATP, you now have the latest and most cutting edge research based technology to enhance lean muscle mass, muscle size, energy levels and strength.**

Sincerely,

Morag Thorson  
Regulatory Affairs Manager B.A., M.A.L.S.

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