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August 16, 2005

Via Certified Mail Return Receipt Requested
Office of Nutritional Products, Labeling
and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

NOTIFICATION OF STATEMENT OF NUTRITIONAL SUPPORT

On behalf of Instone, LLC, Irvine, California 92612, the undersigned files this notification pursuant to section 403(r)(6) of the Federal Food Drug and Cosmetic Act and 21 C.F.R. § 101.93. The certification required by 21 C.F.R. § 101.93(a)(3) is also attached.

Brand Name: Post-Workout Reloaded!TM

Statements of Nutritional Support:

- Maximizes Gain in Strength
- Promotes Rapid Recovery
- Stimulates Natural Growth Factors

The above label also includes the disclaimer statement required under 21 C.F.R. §§101.93(b) and (c).

Collins, McDonald & Gann

By: Alan Feldstein
Of Counsel to the Firm

Attachment – Certification

cc: Instone, LLC.

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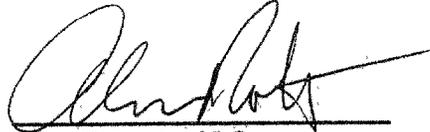
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21 C.F.R. § 101.93(a)(3) Certification

To the best of my knowledge and based on information and belief at the time of executing this notice I certify that the Post-Workout Reloaded!™ dietary supplement is complete and accurate and that Instone, LLC has substantiation that the statement is truthful and not misleading.

A handwritten signature in black ink, appearing to read 'Alan Roberts', written over a horizontal line.

Alan Roberts, M.Sc.
Senior Director of Product Development
And Regulatory Affairs