Optimum Nutrition
Premium Nutritional Supplements

Optimum Nutrition, Inc.
600 N. Commerce Street
Aurora, IL 60504
Phone (800) 705-5226
Fax (630) 236-8517

ABB™
THE FORCE IN THE GYM

AMERICAN BODY BUILDING, LLC.
1756 Industrial Road
Walterboro, SC 29488
Phone (800) 763-3444
Fax (843) 538-2012

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NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of Science Foods® Big Time® Product, #71008 & #71009 bearing the statements set out below:

Optimum Nutrition, Inc.
600 N. Commerce St.
Aurora, IL 60504

The text of each structure function claim for **Calories, Carbohydrates & Protein** is as follows:

(Statement 1)	FOR ADDED MASS
(Statement 2)	FOR POST WORKOUT RECOVERY
(Statement 3)	OVER 165 GRAMS OF COMPLEX AND SIMPLE CARBS provided in a 3:1 RATIO for more uniform ENERGY DELIVERY and to SUPPORT GLYCOGEN RESYNTHESIS

I, Ryan Briggs, Director of Contract Packaging at Optimum Nutrition, Inc. am authorized to certify this Notification on behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Optimum Nutrition, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 14th day of November, 2003

OPTIMUM NUTRITION, INC.

BY: _____
Ryan Briggs
Dir. of Contract Packaging

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SCIENCEFOODS®

BIG TIME®

- OVER 800 CALORIES
- OVER 165 GRAMS OF COMPLEX AND SIMPLE CARBS provided in a 3:1 RATIO for more uniform ENERGY DELIVERY and to SUPPORT GLYCOGEN RESYNTHESIS *
- 40 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE (WPI) for quick and complete AMINO ACID DELIVERY
- NO ASPARTAME

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE

ME 5c DEPOSIT
CA 2.5 ¢

KEEP OUT OF REACH OF CHILDREN.

SHAKE WELL BEFORE USE.

STORE IN A COOL, DRY PLACE.

REFRIGERATE AFTER OPENING.

THIS PRODUCT CONTAINS MILK INGREDIENTS.

DIABETICS AND HYPOGLYCEMICS: USE ONLY UNDER ADVICE OF A LICENSED PHYSICIAN OR NUTRITIONIST.

SCIENCEFOODS®

BIG TIME®

GRAPE

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

- OVER 800 CALORIES
- 40 GRAMS OF WHEY PROTEIN
- OVER 165 GRAMS OF BLENDED CARBS

20 FL OZ (591 mL)

Suggest d Use: FOR ADDED MASS* - Consume one bottle of *BIG TIME* about 60 minutes before bedtime. If desired, a second bottle may also be consumed between afternoon and evening meals. FOR POST-WORKOUT RECOVERY* - Consume one bottle of *BIG TIME* within 45 minutes of finishing your workout or competitive event. To facilitate digestion and absorption, drink slowly allowing at least 15-20 minutes to consume an entire serving.

Supplement Facts

Serving Size 1 Bottle (20 fl oz)

Amount Per Serving		% Daily Value
Calories	840	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Cholesterol	10 mg	3%*
Total Carbohydrate	168 g	56%*
Sugars	41 g	**
Protein	40 g	80%*
Calcium	80 mg	8%*
Phosphorus	2.2 g	220%*
Iodine	44 mcg	29%*
Sodium	360 mg	15%*
Potassium	180 mg	5%*

* Percent Daily Values are based on a 2,000 calorie diet
** Daily value not established

INGREDIENTS: Triple Filtered Water, Maltodextrin, Whey Protein Isolate, High Fructose Corn Syrup, Phosphoric Acid, Natural and Artificial Flavor, Potassium Sorbate, Potassium Benzoate, Sucralose, Acesulfame Potassium, Mono-Ammonium Glycyrrhizinate, Red #1, Blue #1

Exclusively Manufactured by:
SCIENCE FOODS PRODUCTS®, LLC
Walterboro, SC USA 29488
www.sciencefoods.com
1-866-316-4200

SCIENCEFOODS®

MADE IN THE USA

COLOR #2 COLOR #4 COLOR #5 COLOR #6 COLOR #7 COLOR #8

CODE: 71008

SCIENCEFOODS®

BIG TIME®

- OVER 800 CALORIES
- OVER 165 GRAMS OF COMPLEX AND SIMPLE CARBS provided in a 3:1 RATIO for more uniform ENERGY DELIVERY and to SUPPORT GLYCOGEN RESYNTHESIS *
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ME 5¢ DEPOSIT
CA 2.5 ¢

KEEP OUT OF REACH OF CHILDREN.

SHAKE WELL BEFORE USE.

STORE IN A COOL, DRY PLACE.

REFRIGERATE AFTER OPENING.

THIS PRODUCT CONTAINS MILK INGREDIENTS.

DIABETICS AND HYPOGLYCEMICS: USE ONLY UNDER ADVICE OF A LICENSED PHYSICIAN OR NUTRITIONIST.

SCIENCEFOODS®

BIG TIME®

FRUIT PUNCH

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

- OVER 800 CALORIES
- 40 GRAMS OF WHEY PROTEIN
- OVER 165 GRAMS OF BLENDED CARBS

20 FL OZ (591 mL)

Suggested Use: FOR ADDED MASS*- Consume one bottle of BIG TIME® about 60 minutes before bedtime. If desired, a second bottle may also be consumed between afternoon and evening meals. FOR POST-WORKOUT RECOVERY*- Consume one bottle of BIG TIME® within 45 minutes of finishing your workout or competitive event. To facilitate digestion and absorption, drink slowly allowing at least 15-20 minutes to consume an entire serving.

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SCIENCEFOODS®

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COLOR #2 COLOR #4 COLOR #5 COLOR #6 COLOR #7 COLOR #8

CODE: 71009

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NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of Science Foods® Science Carbs H_2O™ Product, #71000, #71001, #71002, & #71003 bearing the statements set out below:

Optimum Nutrition, Inc.
600 N. Commerce St.
Aurora, IL 60504

The text of each structure function claim for **Calories, Carbohydrates, & Glycerol** is as follows:

(Statement 1)	60 Grams of COMPLEX CARBOHYDRATES for ENERGY and MUSCLE GLYCOGEN RECOVERY
(Statement 2)	10 grams of GLYCEROL to help aid with hydration
(Statement 3)	240 mcg of CHROMIUM to support carbohydrate utilization
(Statement 4)	Consume one bottle of *SCIENCE CARBS H_20*™ within 30-45 minutes of completing your workout to aid with post-workout recovery and glycogen resynthesis.

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