



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



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

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
Ryan Briggs
Dir. of Contract Packaging



SCIENCEFOODS®

WHITE LIGHTNING®

- ⊙ ONE TO ONE RATIO (1:1) OF PROTEIN TO CARBS
- ⊙ 35 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE (WPI) for quick and complete AMINO ACID DELIVERY*
- ⊙ 35 GRAMS OF COMPLEX AND SIMPLE CARBS - provided in a 3:1 ratio - for more uniform ENERGY delivery and to support GLYCOGEN RESYNTHESIS*
- ⊙ 60 mcg of CHROMIUM
- ⊙ ELECTROLYTES

* 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 c

KEEP OUT OF REACH OF CHILDREN.
SHAKE WELL BEFORE USE.
STORE IN A COOL, DRY PLACE.
REFRIGERATE AFTER OPENING.
DIABETICS AND HYPOLYCEMICS
USE ONLY UNDER ADVICE OF A
LICENSED PHYSICIAN OR
NUTRITIONIST.

SCIENCEFOODS®

WHITE LIGHTNING® FRUIT PUNCH NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT

- ⊙ 35 GRAMS OF WHEY PROTEIN
- ⊙ 1:1 RATIO OF PROTEIN AND CARBS FOR MUSCLE REPLENISHMENT AND RECOVERY*
- ⊙ ELECTROLYTES & CHROMIUM

20 FL OZ (591 mL)

Suggested Use: Consume one bottle of **WHITE LIGHTNING®** immediately after your workout to aid with muscle recovery.* Two additional bottles may also be consumed throughout the day for extra energy and to contribute toward your total daily protein intake.

Supplement Facts

Serving Size 1 Bottle (20 fl oz)

Amount Per Serving	% Daily Value
Calories	280
Calories from Fat	5
Total Fat	0.5 g 1%*
Saturated Fat	0 g 0%*
Cholesterol	5 mg 2%*
Total Carbohydrate	35 g 12%*
Sugars	9 g **
Protein	35 g 70%*
Calcium	40 mg 4%*
Chromium (as chromium picolinate)†	60 mcg 50%*
Sodium	270 mg 11%*
Potassium	300 mg 9%*

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

OTHER INGREDIENTS: Triple Action Water, Whey Protein Isolate, Malic Acid, Inulin Fructose, Cellulose, Phosphoric Acid, Natural Artificial Flavor, Sucralose, Potassium Bicarbonate, Potassium Benzoate, Acesulfame Potassium, Potassium Sorbate, Potassium Citrate, Citric Acid, Potassium Citrate.

† Daily Value is 120 mcg Chromium. For more information, please refer to Nutrition Facts on US Packaging. © 2007 ScienceFoods, LLC. 11/07

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



71017

COLOR #2 COLOR #3 COLOR #4 COLOR #5 COLOR #6 COLOR #7 COLOR #8



SCIENCEFOODS®

WHITE LIGHTNING®

- ⊙ ONE TO ONE RATIO (1:1) OF PROTEIN TO CARBS
- ⊙ 35 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE (WPI) for quick and complete AMINO ACID DELIVERY*
- ⊙ 35 GRAMS OF COMPLEX AND SIMPLE CARBS - provided in a 3:1 ratio - for more uniform ENERGY delivery and to support GLYCOGEN RESYNTHESIS*
- ⊙ 60 mcg of CHROMIUM
- ⊙ ELECTROLYTES

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CA 2.5 c

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

03 357 074



WHITE LIGHTNING®

GRAPE

NATURAL AND ARTIFICIAL FLAVORS

DAILY SUPPLEMENT

- ⊙ 35 GRAMS OF WHEY PROTEIN*
- ⊙ 1:1 RATIO OF PROTEIN AND CARBS FOR MUSCLE REPLENISHMENT AND RECOVERY
- ⊙ ELECTROLYTES & CHROMIUM

20 FL OZ (591 mL)

Suggested Use: Consume one bottle of **WHITE LIGHTNING** immediately after your workout to aid in muscle recovery*. Two additional bottles may also be consumed throughout the day for extra energy and to contribute toward your total daily protein intake.

Supplement Facts

Serving Size 1 Bottle (20 fl oz)

Amount Per Serving		% Daily Value
Calories	280	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Cholesterol	5 mg	2%*
Total Carbohydrate	35 g	12%*
Sugars	9 g	**
Protein	35 g	70%*
Calcium	40 mg	4%*
Chromium (as chromium picolinate)†	60 mcg	50%*
Sodium	270 mg	11%*
Potassium	300 mg	9%*

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

OTHER INGREDIENTS: High Purity Water, Whey Protein Isolate, Dextrose, High Fructose Corn Syrup, Fruit Flavors, Acid, Lecithin, Citric Acid, Natural Flavors, Sucralose, Potassium Citrate, Potassium Phosphate, Aspartame, Potassium Bicarbonate, Blue #1.

† Chromium and the Chromium Picolinate are registered trademarks of Nutritional Biochemics, US Patent # 5,120,673. © 1997 Nutritional Biochemics, Inc.

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