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**AMERICAN BODY BUILDING, LLC.**  
1756 Industrial Road  
Walterboro, SC 29488  
Phone (800) 763-3444  
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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 14<sup>th</sup> day of November, 2003

OPTIMUM NUTRITION, INC.

BY: Ryan Briggs  
Ryan Briggs  
Dir. of Contract Packaging

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SCIENCEFOODS®

# SCIENCECARBS™

- ENERGY-PACKED with 300 Calories\*
- 50 Grams of COMPLEX CARBOHYDRATES for ENERGY and MUSCLE GLYCOGEN RECOVERY\*
- ONLY 5 GRAMS OF SUGAR
- 10 grams of GLYCEROL to help aid with hydration\*
- 240 mcg of CHROMIUM to support carbohydrate utilization\*
- ZERO ASPARTAME
- ZERO STIMULANTS

\* 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 5¢ DEPOSIT  
CA2.5 C

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



SCIENCEFOODS®

# SCIENCE CARBS H<sub>2</sub>O™

## FRUIT PUNCH

NATURAL AND ARTIFICIAL FLAVORS

- DIETARY SUPPLEMENT
- 60 GRAMS OF COMPLEX CARBS
- ONLY 5 GRAMS OF SUGAR
- 10 GRAMS OF GLYCEROL

20 FL OZ (591 mL)

**Suggested Use:** Consume one bottle of **SCIENCE CARBS H<sub>2</sub>O™** within 30-45 minutes of completing your workout to aid with post-workout recovery and glycogen resynthesis.\* Additional bottles of **SCIENCE CARBS H<sub>2</sub>O™** can also be used for carbohydrate loading and as a convenient way to add extra calories for individuals looking to increase size and bodyweight. As a general rule, intensely training athletes should consume approximately 3-4 grams of carbohydrates per pound of bodyweight per day.

### Supplement Facts

Amount Per Serving	% Daily Value
Serving Size: 1 Bottle (20 fl. oz.)	
Calories	300
Total Carbohydrate	75 g 25%*
Sugars	5 g
Vitamin C (as ascorbic acid)	24 mg 40%*
Phosphorus	40 mg 8%*
Chromium (as chromium picolinate)†	240 mcg 200%*
Sodium	50 mg 2%*
Potassium	165 mg 5%*
Glycerol	10 g **

**OTHER INGREDIENTS:** Triple Filtered Water, Electrolytes, Natural & Artificial Flavors, Citric Acid, Malic Acid, Potassium Citrate, Phosphorus, Electrolytes, Phosphorus, and Resistant Dextrin. Total 40g. 100% Juice. (antioxidant)

\*Percent Daily Values are based on a diet of other people's secrets. †Percent Daily Values are based on a diet of other people's secrets. ‡Percent Daily Values are based on a diet of other people's secrets. © 2011 ScienceFoods, LLC. All rights reserved. U.S. Patent Nos. 5,087,573; 5,787,653; 6,175,155.

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





SCIENCEFOODS®

# SCIENCE CARBS™

- ENERGY-PACKED with 300 Calories\*
- 60 Grams of COMPLEX CARBOHYDRATES for ENERGY and MUSCLE GLYCOGEN RECOVERY\*
- ONLY 5 GRAMS OF SUGAR
- 10 grams of GLYCEROL to help aid with hydration\*
- 240 mcg of CHROMIUM to support carbohydrate utilization\*
- ZERO ASPARTAME
- ZERO STIMULANTS

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ME 5¢ DEPOSIT  
CA 25¢

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# SCIENCE CARBS™

- DIETARY SUPPLEMENT
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- ONLY 5 GRAMS OF SUGAR
- 10 GRAMS OF GLYCEROL

20 FL OZ (591 mL)

**Suggested Use:** Consume one bottle of **SCIENCE CARBS H<sub>2</sub>O™** within 30-45 minutes of completing your workout to aid with post-workout recovery and glycogen re-synthesis.\* Additional bottles of **SCIENCE CARBS H<sub>2</sub>O™** can also be used for carbohydrate loading and as a convenient way to add extra calories for individuals looking to increase size and bodyweight. As a general rule, intensely training athletes should consume approximately 3-4 grams of carbohydrates per pound of bodyweight per day.

## Supplement Facts

Serving Size: 1 Bottle (20.1 oz)

Amount Per Serving	% Daily Value
Calories	300
Total Carbohydrate	75.9*
Sugars	5.0**
Vitamin C (as ascorbic acid)	24 mg
Phosphorus	40 mg
Chromium (as chromium picolinate)*	240 mcg
Sodium	50 mg
Potassium	165 mg
Glycerol	10.0**

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

**OTHER INGREDIENTS:** Water, Maltodextrin, Natural & Artificial Flavors, Citric Acid, Malic Acid, Potassium Sorbate, Potassium Propionate, Sodium Phosphate, Phosphoric Acid, Acesulfame Potassium, Cellulose, Gum Arabic, DHA, and Sorbitol.

\* Chromium and the Chromium form are registered trademarks of Nutrinet 21, Inc. © 2013 Nutrinet 21, Inc. S-307-021 S-13-136

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SCIENCE

**SCIENCE CARBS<sup>™</sup> H<sub>2</sub>O**

- ENERGY-PACKED with 300 Calories\*
- 60 Grams of COMPLEX CARBOHYDRATES for ENERGY and MUSCLE GLYCOGEN RECOVERY\*
- ONLY 5 GRAMS OF SUGAR
- 10 grams of GLYCEROL to help aid with hydration\*
- 240 mcg of CHROMIUM to support carbohydrate utilization\*
- ZERO ASPARTAME
- ZERO STIMULANTS

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NET 5.0 FL OZ (149 mL)  
CA 2.5¢

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03-308-000



SCIENCE

**SCIENCE CARBS<sup>™</sup> H<sub>2</sub>O**

**GRAPPE**  
NATURAL AND ARTIFICIAL FLAVORS

**DIETARY SUPPLEMENT**

- 60 GRAMS OF COMPLEX CARBS
- ONLY 5 GRAMS OF SUGAR
- 10 GRAMS OF GLYCEROL

20 FL OZ (591 mL)

**Suggested Use:** Consume one bottle of **SCIENCE CARBS H<sub>2</sub>O** within 30-45 minutes of completing your workout to aid with post-workout recovery and glycogen resynthesis\*. Additional bottles of **SCIENCE CARBS H<sub>2</sub>O** can also be used for carbohydrate loading and as a convenient way to add extra calories for individuals looking to increase size and bodyweight. As a general rule, intensely training athletes should consume approximately 3-4 grams of carbohydrates per pound of bodyweight per day.

**Supplement Facts**

Amount Per Serving	% Daily Value
Serving Size: 300mL (20 FL OZ)	
Calories	300
Total Carbs** 1.0g	2%
Total Sugars 5g	10%
Total Fat 0g	0%
Total Protein 0g	0%
Total Sodium 0g	0%
Total Potassium 0g	0%
Total Chromium 240mcg	20%
Total Glyceral 10g	20%

\* Percent Daily Values are based on a diet of other people's secrets.  
\*\* Daily Value not established.

**OTHER INGREDIENTS:** Triple Filtered Water, Malodentine, Natural & Artificial Flavor, Citric Acid, Maleic Acid, Potassium Sorbate, Potassium Benzoate, Sucralose, Phosphoric Acid, Acesulfame Potassium, Red 405, Blue #1.  
† Chromium and the Chromium logo are registered trademarks of Nutrition 21, Inc. US Patent Nos. 5,087,623; 5,087,624; 5,175,156.

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# SCIENCE CARBS H<sub>2</sub>O™

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- 60 Grams of COMPLEX CARBOHYDRATES for ENERGY and MUSCLE GLYCOGEN RECOVERY\*
- ONLY 5 GRAMS OF SUGAR
- 10 grams of GLYCEROL to help aid with hydration\*
- 240 mcg of CHROMIUM to support carbohydrate utilization\*
- ZERO ASPARTAME
- ZERO STIMULANTS

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ME 5¢ DEPOSIT  
CA 25¢

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SCIENCE

# SCIENCE CARBS H<sub>2</sub>O™

BENEFICIAL AND NUTRITIONAL  
DIETARY SUPPLEMENT

- 60 GRAMS OF COMPLEX CARBS
- ONLY 5 GRAMS OF SUGAR
- 10 GRAMS OF GLYCEROL

20 FL. OZ. (591 ml)

**Suggested Use:** Consume one bottle of **SCIENCE CARBS H<sub>2</sub>O™** within 30-45 minutes of completing your workout to aid with post-workout recovery and glycogen resynthesis. \* Additional bottles of **SCIENCE CARBS H<sub>2</sub>O™** can also be used for carbohydrate loading and as a convenient way to add extra calories for individuals looking to increase size and bodyweight. As a general rule, intensely training athletes should consume approximately 3-4 grams of carbohydrates per pound of bodyweight per day.

### Supplement Facts

Amount Per Serving	% Daily Value
60g Total Carbohydrate	120%
5g Sugar	10%
10g Glycerol	20%
240mcg Chromium	48%
100% Daily Value	200%

\* Percent Daily Values are based on a diet of other people's secrets.  
† Daily Value not established.

**OTHER INGREDIENTS:** Triple filtered Water, Malic Acid, Natural & Artificial Flavors, Citric Acid, Malic Acid, Potassium Sorbate, Potassium Benzoate, Sucralose, Phosphoric Acid, Acesulfame Potassium, Blue #1, Red #40, Tartrazine (preservative freshness).

† Chromax® and the Chromax logo are registered trademarks of Marathon 21, Inc. US Patent Nos. 5,189, 6,723, 5,499, 6,743, 5,775, 5,530.

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