



BIOPLEX NUTRITION, INC.
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January 12, 1999

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

This is notification of the structure function claims that are included on the labels of 11 new products that are being processed and packaged by Bioplex Nutrition. These products were initially marketed on January 4, 1999.

As an officer of this company, I certify that the information presented and contained within these 11 notifications is accurate and complete and that Bioplex Nutrition has substantiation that these claims are accurate.

Sincerely,

Julie Powers Willardsen

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Pure WPI

PURE WPI is nature's purest and most effective protein for supporting lean muscle gain as well as maintaining overall health and fitness.

This whey protein isolate has been produced using state of the art microfiltration and Ion-Exchange technologies which retain the "native" undenatured proteins while removing colloidal impurities, fat, microorganisms and other undesired fractions. Pure WPI has been dried at cold temperatures to assure that no damage will occur to the protein structure and functionability. The result is "PURE WPI", the pure & natural product for everyone from competitive bodybuilders to individuals concerned about overall health and body maintenance.*

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100% Whey Protein

BioPlex 100% WHEY PROTEIN - the potent Bio-Active Whey Protein Complex designed to give the best possible amino acid profile with rapid absorption for powerful and super-effective lean muscle gain.

This delicious formula contains undenatured whey proteins providing maximum nutrient utilization without the digestive system upsets caused by lower quality proteins. Simply mix with water, milk, juice or your favorite beverage for the best results.

Research and testing has shown that the superior levels of Branched Chain Amino Acids (BCAAs) in whey protein accelerate muscle development and provide for increased fitness when used with a properly designed workout program.*

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WheyPlex

WHEYPLEX, the technically advanced Bio-Active Whey Protein-Amino Acid Complex, has been scientifically formulated for increasing lean muscle mass as well as improving overall fitness when combined with a rigorous exercise program.

We have taken the finest whey protein produced and formulated this superior matrix featuring Microfiltered and Ion-Exchanged Isolates, Whey Protein Hydrolysates, Glutamine Peptides and Taurine. WheyPlex was developed after months of intense research and study of fitness and performance nutrition.

This potent complex of Bio-Active whey proteins and amino acids is highly undenatured and rich in Branched Chained Amino Acids (BCAAs). The high degree of solubility and digestibility allows rapid uptake into the muscles without gastric and digestive system upsets that can occur with lower quality products.

Research has shown that whey protein with high levels of BCAAs combined with Glutamine Peptides and Taurine can have a drastic positive effect on lean muscle development.*

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Creatine Monohydrate

Creatine Monohydrate is a naturally occurring essential energy precursor found in the body's muscle tissues. Studies have shown that Creatine Monohydrate increases muscle size, strength, and endurance and provides more powerful muscle contraction, increased explosiveness, faster muscle recovery, less fatigue and lean body mass gain.

When a muscle cell takes in more Creatine, it also brings water along with it. This promotes Cell Volumizing, which creates improved conditions for new muscle growth,

Supplementation with proper levels of Creatine has been shown to increase muscle Creatine levels and help recycle the muscle's ultimate energy source, ATP (Adenosine Triphosphate). ATP is the body's energy source for muscle contraction. When energy is released, ATP gives off a free phosphate group and ADP (Adenosine Diphosphate) is formed. Supplemental Creatine combines with the free phosphate to form Phosphocreatine, which can recombine the phosphate with ADP to reform ATP. This recycled ATP is ready to be utilized for energy again. This "recycling of energy" allows longer and more powerful workouts*

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CreAmino Cooler

CreAmino Cooler, the potent and effective Creatine Transport System, is the result of groundbreaking Sports Nutrition research. By combining High-Glycemic Dextrose with the insulin potentiators Vanadium, Chromium and Alpha Lipoic Acid, this powerful and precise combination provides for optimum insulin stimulation without the need for the excess calorie intake of other formulations.

Supplementation with CreAmino Cooler increases muscle Creatine levels and helps to recycle the muscle's ultimate energy source, ATP (Adenosine Triphosphate). This "recycling of energy" allows longer and more powerful workouts. CreAmino Cooler also promotes Cell Volumizing, which creates conditions for new muscle growth. CreAmino Cooler can also buffer the side effects of lactic acid build up during vigorous training sessions and potentially delay the onset of fatigue and lessen muscle pain and soreness.

Glutamine and Taurine are included to promote rapid and effective muscle recovery and to prevent muscle loss by providing anti-catabolic action. CreAmino Cooler's precise levels of High-Glycemic Dextrose stimulate anabolic insulin production and enhance Creatine transport into muscle. Vanadyl mimics the effects of insulin and helps drive more glucose and amino acids into the muscle cells along with Creatine. Chromium enhances insulin sensitivity and increases muscle mass by promoting transfer of amino acids into the cell and stimulating protein synthesis. Alpha Lipoic Acid increases glycogen storage decreasing glucose uptake by the fat cells. Glutamine combats the catabolic effects of weight training by contributing to muscle growth by driving nitrogen into the cells and increasing growth hormone levels. Taurine stimulates glucose and creatine uptake into cells and aids in the maintenance of structural proteins in muscle.*

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Hyperplex

HyperPlex provides you with the most super charged complete pre-workout loading and post-workout recovery formula ever developed!!! By combining Creatine, Dextrose, Lipoic Acid, AKG (Alpha Keto Glutaric Acid), Chromium and Vanadium you have the extra energy and endurance to push your muscles to the absolute limit. Then we have added 20 grams of high quality protein to expedite your muscle's recovery and rebuilding. HyperPlex is THE COMPLETE WORKOUT FORMULA.

HyperPlex promotes Cell Volumizing, which creates conditions for new muscle growth. The high Creatine content in HyperPlex permits a natural "recycling of energy" through the recharging of ATP (Adenosine Triphosphate) allowing longer and more powerful workouts. HyperPlex can also buffer the side effects of lactic acid build up during vigorous training.

The High Glycemic Dextrose stimulates anabolic insulin production enhancing Creatine transport into muscle. Vanadyl mimics the effects of insulin and helps drive more amino acids into the glucose and muscle cells along with Creatine. Chromium enhances insulin sensitivity and increase muscle mass by promoting transfer of amino acids into the cell and stimulating protein synthesis. Alpha Lipoic Acid, a powerful antioxidant, stimulates insulin and increases glycogen storage decreasing glucose uptake by fat cells. AKG provides an anti-catabolic function and supports the body's natural ability to synthesize glutamine as well as transport supplemental glutamine into the muscles.

During the post-workout and recovery phase, 20 grams of the easily digestible Bio-Active Whey Protein Blend™, high in BCAAs (Branched Chain Amino Acids), Glutamine Peptides and Taurine, is available for muscle repair and growth. These whey peptides are absorbed quickly and transported, readily to your muscles.

HYPERPLEX CREATES THE IDEAL CONDITIONS EXPLOSIVE MUSCLE GROWTH, INCREASED STRENGTH & ENDURANCE AND BETTER DEFINITION.*

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ThermaPlex

ThermaPlex is a thermogenic herbal stimulator designed to ignite your body's fat burning furnace and increase the rate at which calories are metabolized. ThermaPlex will help maximize your physical performance and enhance your mental alertness.*

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AndrogenPlex

This powerful complex of Androstenedione and Tribulus is formulated to elevate your body's natural testosterone levels boost lean muscle mass. Taken daily with intense weight training and a proper diet can result in significant gains in strength and muscle size.*

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NorAndroMegaPlex

The synergistic effect of combining Nor-Androstenediol, Androstenediol, Nor-Androstenedione, and Androstenedione gives the maximum boost in Testosterone and Nor-Testosterone levels by using multiple metabolic pathways.*

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Nor DiolPlex

Nor-Androstenedione and Androstenediol are utilized by the body using different pathways. This powerful combination can significantly increase your overall strength and boost your lean muscle mass beyond the level attainable with other products containing only the individual ingredients.*

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