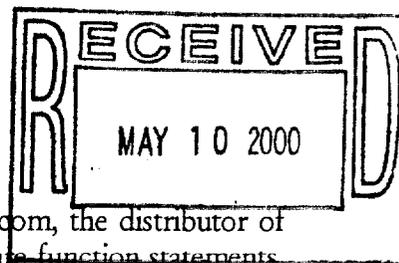


NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA
AND 21 CFR §101.93



This notification is being filed on behalf of AllProTraining.com, the distributor of the following products which have labels bearing one or more structure-function statements. Its business address is: 11612 Bee Cave Road, Ste. 165, Austin, TX 78733. This notification is being made pursuant to Section 6 of DSHEA and 21 C.F.R. §101.93(a). Unless otherwise indicated on this notification, the product, not a particular dietary ingredient, is the subject of each statement.

The text of each structure-function statement for which notification is now being given is:

Text of Structure/Function Statement	Name of Dietary Supplement
1. Advanced Thermogenic and Anabolic Formula	Thermo
2. Increases energy levels for training	Thermo
3. Maximize fat loss by increasing fat oxidation and decreasing fat deposition	Thermo
4. Maintaining muscle mass	Thermo

Text of Structure/Function Statement	Name of Dietary Supplement
1. Optimizing your metabolism	EFA+
2. Maximizing the anabolic and fat-burning effects of exercise	EFA+
3. Dealing with minor muscle pain after exercise	EFA+
4. Increase fatty acid oxidation	EFA+
5. Improve the body's natural insulin sensitivity	EFA+
6. Maintain cholesterol levels that are already within the normal range	EFA+
7. Support normal cardiovascular function	EFA+
8. Support normal nervous system function	EFA+
9. Support normal immune system function	EFA+

Text of Structure/Function Statement	Name of Dietary Supplement
1. Joint support formula	Joint Support
2. Muscle ache formula	Joint Support
3. Supporting cartilage function	Joint Support
4. Supporting joint function	Joint Support
5. Maintaining healthy joints	Joint Support
6. Dealing with minor muscle aches experienced after exercise	Joint Support

Text of Structure/Function Statement	Name of Dietary Supplement
7. Providing some of the raw materials that are essential for the body's maintenance of joints	Joint Support
8. Providing some of the raw materials that are essential for the body's maintenance of ligaments	Joint Support
9. Providing some of the raw materials that are essential for the body's maintenance of muscles	Joint Support
10. Providing some of the raw materials that are essential for the body's maintenance of tendons	Joint Support
11. Joint Support works well with APT GHboost as the naturally increased GH levels result in a naturally anabolic and muscle recovery response	Joint Support

Text of Structure/Function Statement	Name of Dietary Supplement
1. Advanced Immune System Enhancer	ReNew
2. Formulated to enhance the immune system	ReNew
3. Normalize the metabolism	ReNew
4. Naturally support thyroid	ReNew
5. Naturally support testosterone	ReNew
6. Naturally support GH	ReNew
7. Naturally support insulin	ReNew
8. Naturally support adrenergic function	ReNew
9. Deal with work-out fatigue	ReNew
10. Boost your immunity	ReNew
11. Enhancing and supporting the immune system	ReNew
12. Optimizing athletic performance	ReNew
13. Optimizing muscle recovery	ReNew
14. Reducing effects of excessive exercise	ReNew

Text of Structure/Function Statement	Name of Dietary Supplement
1. Advanced Pre-Workout Anabolic Primer	Resolve
2. Primes your metabolism so it can optimize the anabolic and fat burning effects of exercise	Resolve
3. Will provide anticatabolic and anabolic effects	Resolve
4. Decreasing protein breakdown	Resolve
5. Increasing protein synthesis	Resolve
6. Providing volumizing effects that increase muscle growth	Resolve

Text of Structure/Function Statement	Name of Dietary Supplement
1. Foundational nutritional supplement for the special needs that the athlete has for body maintenance	MVM
2. Foundational nutritional supplement for the special needs that the athlete has for recuperation	MVM
3. Foundational nutritional supplement for the special needs that the athlete has for recovery	MVM
4. Supplies all the basic nutrients that may be depleted in those who exercise	MVM

Text of Structure/Function Statement	Name of Dietary Supplement
1. Maximizing your anabolic drive by taking full advantage of physiologically elevated testosterone levels	Testoboost
2. Improve natural testosterone formation	Testoboost
3. Decrease any potential side effects from conversion of testosterone to estrogens and dihydrotestosterone	Testoboost
4. Boosting the body's natural testosterone	Testoboost
5. Increases muscle mass	Testoboost
6. Decreases body fat	Testoboost
7. Increases sexual desire	Testoboost
8. Testosterone boosting formula	Testoboost

Text of Structure/Function Statement	Name of Dietary Supplement
1. Bulk laxative	Regulate
2. Deal with occasional constipation	Regulate
3. Deal with frequent bowel movements	Regulate
4. Useful to maintain cholesterol levels that are already within the normal range	Regulate
5. Useful to support a healthy heart	Regulate
6. Useful to increase natural insulin sensitivity	Regulate

Text of Structure/Function Statement	Name of Dietary Supplement
1. Advanced Pre-Workout Anabolic Primer	Resolve Competition
2. Contains other natural ingredients that increase the anabolic effects of exercise	Resolve Competition
3. Contains other natural ingredients that increase the anabolic effects of exercise	Resolve Competition

Text of Structure/Function Statement	Name of Dietary Supplement
4. Contains other natural ingredients that increase thermogenic effects of exercise	Resolve Competition
5. Contains other natural ingredients that increase fat loss effects of exercise	Resolve Competition

Text of Structure/Function Statement	Name of Dietary Supplement
1. Maximizes protein synthesis	Amino
2. Providing you with a quick and effective boost of anabolic and anticatabolic amino acids	Amino
3. Enhances the body's natural protein synthesis	Amino
4. Engineered to assist in protein synthesis	Amino
5. Deal with the effects of excessive exercise	Amino
6. Maximize the anabolic and fat-burning effects of exercise	Amino
7. Formulated for quick absorption and utilization	Amino
8. Use of this supplement may give rise to a quick amino acid peak in muscle that may dramatically increase protein synthesis in the short term	Amino
9. Use of this supplement may give rise to a quick amino acid peak in the liver that may dramatically increase protein synthesis in the short term	Amino
10. Use of this supplement may give rise to a quick amino acid peak in the blood that may dramatically increase protein synthesis in the short term	Amino
11. May provide an immediate anabolic effect with a minimum of gastrointestinal distress	Amino

Text of Structure/Function Statement	Name of Dietary Supplement
1. Provides targeted antioxidant support to all tissues in the body including the musculoskeletal system and the liver	Antiox
2. Contains immune enhancers including glutathione	Antiox
3. Our brand of glutathione is used especially by the liver in its role as the primary detoxifying organ in the body	Antiox

Text of Structure/Function Statement	Name of Dietary Supplement
1. Advanced Anabolic and Fat Loss Primer	Metabolic
2. Formulated to optimize the body's hormones in order to maximize the anabolic and fat-burning effects of exercise	Metabolic
3. Optimizes the effects of thyroid hormone	Metabolic
4. Decreases cortisone levels	Metabolic
5. Naturally increases levels of growth hormone	Metabolic
6. Naturally increases levels of testosterone	Metabolic
7. Increases the body's natural insulin sensitivity	Metabolic
8. Increase weight loss	Metabolic
9. Increase fat loss	Metabolic
10. Maintaining muscle mass	Metabolic
11. Increasing muscle mass	Metabolic
12. The natural hormonal environmental created by APT Metabolic will allow cellulite to be oxidized along with the rest of the body fat	Metabolic

Text of Structure/Function Statement	Name of Dietary Supplement
1. Growth Hormone Enhancer	GHboost
2. Formulated to increase muscle mass by enhancing the body's natural production of growth hormone	GHboost
3. Formulated to decrease body fat by enhancing the body's natural production of growth hormone	GHboost
4. Advanced growth hormone stimulating product	GHboost
5. Enhance muscle development	GHboost
6. Enhance muscle strength	GHboost
7. Enhance muscle size	GHboost
8. Decreasing body fat	GHboost
9. Naturally inhibits the production of somatostatin which lends itself to the maximization of the body's natural growth hormone secretion	GHboost

Text of Structure/Function Statement	Name of Dietary Supplement
Six week, Three-Phase Cellulite and Weight Loss Solution	Cellusol 1-2-3 SYSTEM

1. Advanced Rehydration and Replenishment Drink	Electrosol
2. Specifically designed as an advanced rehydration and replenishing drink for anyone involved in sports or exercise	Electrosol
3. APT Electrosol is for athletes who exercise long and hard and need to increase endurance	Electrosol

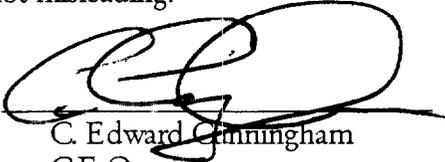
4.	APT Electrosol is for athletes who exercise long and hard and need to deal with muscle cramps from excessive exercise	Electrosol
5.	It contains several amino acids that increase cellular hydration	Electrosol
6.	It contains several amino acids that decrease muscle cramping	Electrosol
7.	It contains several amino acids that reduce muscle catabolism	Electrosol
8.	Allows increased and faster absorption of water from stomach and small intestine	Electrosol

Text of Structure/Function Statement		Name of Dietary Supplement
1.	Maximizes strength and performance	Creatine Advantage
2.	Creatine Advantage is an advanced creatine formula that maximizes the anabolic and energy enhancing effects of creatine	Creatine Advantage
3.	Maximizes muscle mass and performance	Creatine Advantage
4.	Enhanced athletic performance	Creatine Advantage
5.	Enhanced increase in strength	Creatine Advantage
6.	Enhanced increase in muscle size	Creatine Advantage

Text of Structure/Function Statement		Name of Dietary Supplement
1.	Advanced Anabolic Training Drink	Power Drink
2.	This drink provides the nutrients necessary to maximize muscle mass by increasing the anabolic and decreasing the catabolic effects of exercise, and increasing the mobilization and oxidation of body fat	Power Drink
3.	The formula contains amino acids, electrolytes and other ingredients that will replace and replenish nutrients and fluid lost through exercise	Power Drink
4.	The formula contains amino acids, electrolytes and other ingredients that will prevent muscle cramps	Power Drink

I, C. Edward Cunningham, am authorized to certify this notification on behalf of AllProTraining.com. I certify that the information presented and contained in this Notification is complete and accurate, and that AllProTraining.com has substantiation that each structure-function statement is truthful and not misleading.

Date Signed: 11/18TH, 2000

By: 
C. Edward Cunningham
C.E.O.