



**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

**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® Nitro Core™ Product, #71004, #71005, #71006, & #71007 bearing the statements set out below:

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

The text of each structure function claim for **Protein** is as follows:

- (Statement 1) FOR GROWTH
- (Statement 2) Supports:
  - Muscle Growth and Rebuilding

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  
 Dir. of Contract Packaging

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SCIENCEFOODS®

**NITROCORE™**

- 35 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE for QUICK and complete AMINO ACID DELIVERY
- Contains OVER 8 GRAMS of naturally occurring BRANCHED CHAIN AMINO ACIDS (BCAA) - Leucine, Isoleucine, and Valine
- ONLY 2 GRAMS OF CARBS
- ZERO 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

NET WT 20 FL OZ (591 mL)  
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.



SCIENCEFOODS®

**NITRO  
CORE**

**FRUIT PUNCH**  
NATURAL AND ARTIFICIAL FLAVORS  
**DIETARY SUPPLEMENT**

**35 GRAMS  
OF PROTEIN**

20 FL OZ (591 mL)

**Suggested Use:** FOR GROWTH\* - Slowly consume one bottle of NITRO CORE™ 30-45 minutes before your next workout or competitive event. NITRO CORE™ is made with pure whey protein isolates so it quickly delivers all of the essential amino acids your body needs to support muscle growth and rebuilding.\* FOR DIETARY PROTEIN SUPPLEMENTATION - Additional bottles of NITRO CORE™ may be used to help meet your total daily protein goals. As a general rule, intensely training athletes should consume approximately 0.75-1 gram of protein per pound of bodyweight per day.

**Supplement Facts**

Serving Size: 1 bottle (20 fl oz)

Amount Per Serving		% Daily Value
Calories	150	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Cholesterol	10 mg	3%*
Total Carbohydrate	2 g	1%*
Sugars	1 g	**
Protein	35 g	70%*
Calcium	38 mg	4%*
Iron	0.8 mg	4%*
Phosphorus	1.3 g	130%*
Sodium	230 mg	10%*
Potassium	220 mg	6%*

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

INGREDIENTS: Triple Filtered Water, Whey Protein Isolate, Phosphorus, Iron, Natural and Artificial Flavors, Beta-Alanine, Creatine, Potassium Benzoate, Acesulfame Potassium, and Sucralose. [www.sciencefoods.com](http://www.sciencefoods.com)

NOTICE: FOR USE AS A DIETARY SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Exclusively Manufactured by:  
SCIENCE FOODS PRODUCTS®, LLC  
Walterboro, SC USA 29488  
[www.sciencefoods.com](http://www.sciencefoods.com)  
1-866-316-4200



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

Code: 71005

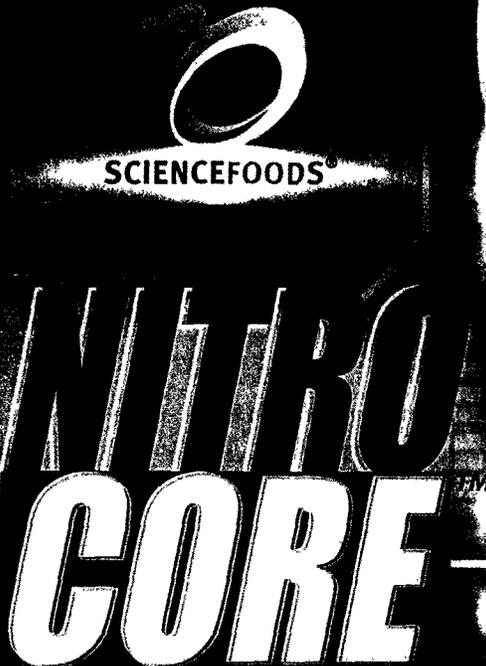


- ⊙ 35 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE for QUICK and complete AMINO ACID DELIVERY
- ⊙ Contains OVER 8 GRAMS of naturally occurring BRANCHED CHAIN AMINO ACIDS (BCAA) - Leucine, Isoleucine, and Valine
- ⊙ ONLY 2 GRAMS OF CARBS
- ⊙ ZERO ASPARTAME

\* 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 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.



**GRAPE**  
NATURAL AND ARTIFICIAL FLAVORS  
DIETARY SUPPLEMENT

**35 GRAMS  
OF PROTEIN**

20 FL OZ (591 mL)

**Suggested Use: FOR GROWTH\*** - Slowly consume one bottle of NITRO CORE™ 30 - 45 minutes before your next workout or competitive event. NITRO CORE™ is made with pure whey protein isolates so it quickly delivers all of the essential amino acids your body needs to support muscle growth and rebuilding. **FOR DIETARY PROTEIN SUPPLEMENTATION** - Additional bottles of NITRO CORE™ may be used to help meet your total daily protein goals. As a general rule, intensely training athletes should consume approximately 0.75-1 gram of protein per pound of bodyweight per day.

**Supplement Facts**

Serving Size 1 Bottle (20 fl oz)		
Amount Per Serving	% Daily Value	
Calories	150	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Cholesterol	10 mg	3%*
Total Carbohydrate	2 g	1%*
Sugars	1 g	**
Protein	35 g	70%*
Calcium	38 mg	4%*
Iron	0.8 mg	4%*
Phosphorus	1.3 g	130%*
Sodium	230 mg	10%*
Potassium	220 mg	6%*

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

INGREDIENTS: Triple Filtered Water, Whey Protein Isolate, Phosphoric Acid, Natural and Artificial Flavors, Beta Alanine, Citric Acid, Potassium Bicarbonate, Acesulfame Potassium, Natural Gum, Herb 241, Blue #1.

NOTICE: FOR USE AS A DIETARY SUPPLEMENT ONLY.  
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COLOR #2 COLOR #3 COLOR #4 COLOR #5 COLOR #6 COLOR #7 COLOR #8



- ⊙ 35 GRAMS of PROTEIN from WHEY PROTEIN ISOLATE for QUICK and complete AMINO ACID DELIVERY
- ⊙ Contains OVER 8 GRAMS of naturally occurring BRANCHED CHAIN AMINO ACIDS (BCAA) - Leucine, Isoleucine, and Valine
- ⊙ ONLY 2 GRAMS OF CARBS
- ⊙ ZERO ASPARTAME

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ME 5¢ DEPOSIT  
CA 2.5 ¢

KEEP OUT OF REACH OF CHILDREN.  
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STORE IN A COOL, DRY PLACE.  
REFRIGERATE AFTER OPENING.  
THIS PRODUCT CONTAINS MILK  
INGREDIENTS.



# NITRO CORE

**BLUE RASPBERRY**  
NATURAL AND ARTIFICIAL FLAVORS  
DIETARY SUPPLEMENT

**35 GRAMS  
OF PROTEIN**

**Suggested Use:** FOR GROWTH - Slowly consume one bottle of NITRO CORE™ 130 - 45 minutes before your next workout or competitive event. NITRO CORE™ is made with pure whey protein isolates so it quickly delivers all of the essential amino acids your body needs to support muscle growth and rebuilding.\* FOR DIETARY PROTEIN SUPPLEMENTATION - Additional bottles of NITRO CORE™ may be used to help meet your total daily protein goals. As a general rule, intensely training athletes should consume approximately 0.75-1 gram of protein per pound of bodyweight per day.

## Supplement Facts

Serving Size 1 Bottle (20 fl oz)

Amount Per Serving		% Daily Value
Calories	150	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Cholesterol	10 mg	3%*
Total Carbohydrate	2 g	1%*
Sugars	1 g	--
Protein	35 g	70%*
Calcium	38 mg	4%*
Iron	0.8 mg	4%*
Phosphorus	1.3 g	130%*
Sodium	230 mg	10%*
Potassium	220 mg	6%*

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

INGREDIENTS: Triple Flavored Water, Whey Protein Isolate, Dextrose, And Blue Rasp, Natural and Artificial Flavors, Citric Acid, Potassium Bicarbonate, Acesulfame Potassium, Blue #1. Contains 100 mg of caffeine.

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