

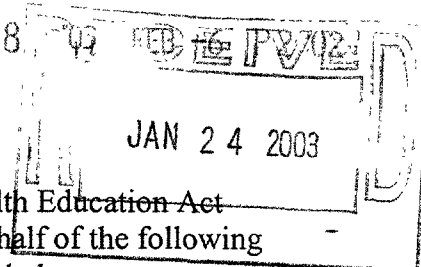


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AMERICAN BODY BUILDING, LLC.  
 A DIVISION OF OPTIMUM NUTRITION, INC.  
 1756 Industrial Drive  
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 Phone (800) 763-3444  
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**NOTIFICATION PURSUANT 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 **Complete Diet Boost** bearing the statements set out below:


**Optimum Nutrition  
 600 N. Commerce Street  
 Aurora, Illinois 60504**

The text of the structure-function claim for **Caffeine** is as follows:

- (Statement 1)                      **Supports Energy Levels and Alertness**
- (Statement 2)                      **Burn More Fat**

I, Ryan Briggs, Director of New Product Development at Optimum Nutrition 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 Optimum Nutrition has substantiation that each statement is truthful and not misleading.

Dated this 9<sup>th</sup> day of January, 2003

  
 Ryan Briggs  
 Director of New Product  
 Development

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695-536-20



Complete Manufacturing Inc.  
Manufactured in the USA  
Spartanburg, SC 29583  
1-800-255-4477  
www.completeinc.com

# DIETARY BOOST

COMPLETE

BURN MORE FAT

PHARMACEUTICAL NUTRITION

Dietary Supplement  
SUPPORTS ENERGY LEVELS AND ALERTNESS\*

120 Capsules

### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids)	1,000 IU	20%*
Vitamin C (as ascorbic acid)	30 mg	50%*
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%*
Vitamin B <sub>1</sub> (as pyridoxine hydrochloride)	2 mg	100%*
Folic Acid	400 mcg	100%*
Vitamin B <sub>12</sub> (as cyanocobalamin)	6 mcg	100%*
Pantothenic Acid (as d-calcium pantothenate)	16 mg	100%*
Magnesium (as magnesium aspartate)	5 mg	1%*
Chromium (as chromium GTF polynicotinate)	120 mcg	100%*

Proprietary Diet Boost Blend\*\* 1418 mg +  
 Guarana Extract (*Paullinia cupana*) (seed) (50% caffeine), Green Tea Extract (*Camellia sinensis* L.) (leaf) (40% EGCG/22% caffeine), Phase 2™ - Brand Bean Extract (*Phaseolus vulgaris*) (fruit), Yerba Mate (*Ilex paraguariensis*) (seed) (20% caffeine), Kola Nut Extract (*Cola acuminata*) (fruit) (20% caffeine), Advertiser-2™ (*Citrus aurantium* L.) (fruit) (50% synephrine), Metabromine-Q™ (cocoa/guarana extract) (5% caffeine/5% theobromine), Ginger Powder (root), Cayenne Powder (fruit), di-Methylionin, Dandelion Powder (root), White Willow Powder (bark), di-Phenylethylamine™, DMAE (2-Dimethylaminoethanol), L-Tyrosine, Grape Seed Extract (*Vitis vitifera* L.) (seed) (95% polyphenols), Acetyl-L-Tyrosine.

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.  
 \*\*THIS PRODUCT CONTAINS 250 MG OF CAFFEINE AND 18 MG OF SYNEPHRINE PER SERVING (2 CAPSULES).  
 \*\*\*PHENYLKETONURICS-CONTAINS PHENYLALANINE.

Other Ingredients: Gelatin, Dicalcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid, Silica.  
 Phase 2™ is a trademark of Pharmachem Laboratories, Inc.  
 Advertiser-2™ is a trademark of Naturapath, Inc.  
 Metabromine-Q™ is a trademark of Stone Industries, Inc.

KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY PLACE.

**WARNING: DO NOT EXCEED RECOMMENDED USE. LIMIT THE USE OF CAFFEINE-CONTAINING MEDICATIONS, FOOD, AND BEVERAGES WHILE TAKING THIS PRODUCT. TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, MUSCLE TREMORS, HEADACHE, LIGHTHEADEDNESS, MILD DELIRIUM, RAPID HEART BEAT, NAUSEA, VOMITING, DIARRHEA, AND STOMACH PAIN. NOT RECOMMENDED FOR PERSONS UNDER 18 OR ANYONE WITH HIGH BLOOD PRESSURE, HEART DISEASE, OR OTHER SERIOUS MEDICAL CONDITIONS. SEEK ADVICE OF A PHYSICIAN IF YOU ARE PREGNANT OR NURSING A BABY.**

\*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.

**STANDARDIZED USE:** Take 2 capsules 30-45 minutes before morning, afternoon, and evening meals or use as directed by a physician or licensed practitioner. Begin with one capsule three times per day for the first week to assess tolerance. Increase to 2 capsules daily. Do not take after 5:00 pm if you have difficulty sleeping. Note: This product contains Synephrine and Caffeine, and should not be taken by individuals wishing to eliminate these ingredients from their diet.