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ARTICLES OF MERGER

THE SECONDANA. The following articles of merger are being submitted in accordance with section(s) 607.1109, 608.4382, a 620.203, Florida Statutes.

FIRST: The exact name, street address of its principal office, jurisdiction, and entity type for each merging party are as follows:

Name and Street Address	Jurisdiction	Entity Type
1. Metro Muscle , LLC	Florida	LLC
133 East Robinson Street		
Orlando Fl. 32801	- -	
Florida Document/Registration Number: L0400	0006919	FEI Number: 20-0645968
2. Muscle Plus Nutrition ୯୦ ୧ ?.	Florida	CORP
6842 Scythe Ave		
Orlando FI 32812	- -	•
Florida Document/Registration Number: P0200	0044385	FEI Number: 20-0028866
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Florida Document/Registration Number:	-	FEI Number:

(Attach additional sheet(s) if necessary)

SECOND: The exact name, street address of its principal office, jurisdiction, and entity type of the surviving party are as follows:

Name and Street Address	Jurisdiction	Entity Type	0
Metro Muscle , LLC	Florida	LLC	
133 East Robinson Street			
Orlando FI 32801			
Florida Document/Registration Number:	P1P) 00000 PG	FEI Number: 20-0645968	

THIRD: The attached Plan of Merger meets the requirements of section(s) 607.1108, 608.438, 617.1103, and/or 620.201, Florida Statutes, and was approved by each domestic corporation, limited liability company, partnership and/or limited partnership that is a party to the merger in accordance with Chapter(s) 607, 617, 608, and/or 620, Florida Statutes.

<u>FOURTH:</u> If applicable, the attached Plan of Merger was approved by the other business entity(ies) that is/are party(ies) to the merger in accordance with the respective laws of all applicable jurisdictions.

<u>FIFTH:</u> If not incorporated, organized, or otherwise formed under the laws of the state of Florida, the surviving entity hereby appoints the Florida Secretary of State as its agent for substitute service of process pursuant to Chapter 48, Florida Statutes, in any proceeding to enforce any obligation or rights of any dissenting shareholders, partners, and/or members of each domestic corporation, partnership, limited partnership and/or limited liability company that is a party to the merger.

<u>SIXTH:</u> If not incorporated, organized, or otherwise formed under the laws of the state of Florida, the surviving entity agrees to pay the dissenting shareholders, partners, and/or members of each domestic corporation, partnership, limited partnership and/or limited liability company that is a party to the merger the amount, if any, to which they are entitled under section(s) 607.1302, 620.205, and/or 608.4384, Florida Statutes.

SEVENTH: If applicable, the surviving entity has obtained the written consent of each shareholder, member or person that as a result of the merger is now a general partner of the surviving entity pursuant to section(s) 607.1108(5), 608.4381(2), and/or 620.202(2), Florida Statutes.

EIGHTH: The merger is permitted under the respective laws of all applicable jurisdictions and is not prohibited by the agreement of any partnership or limited partnership or the regulations or articles of organization of any limited liability company that is a party to the merger.

NINTH: The merger shall become effective as of:

The date the Articles of Merger are filed with Florida Department of State

OR

1 October 2004

(Enter specific date. NOTE: Date cannot be prior to the date of filing.)

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TENTH: The Articles of Merger comply and were executed in accordance with the laws of each party's applicable jurisdiction.

ELEVENTH: SIGNATURE(S) FOR EACH PARTY:

(Note: Please see instructions for required signatures.)

Name of Entity	Signature(s)	Typed or Printed Name of Individual
Metro Muscle, LLC	for a poly	Jake D. Appel, President
Muscle Plus Nutrition, CORP	Jun o plany	Jake D. Appel, President
	(Attach additional sheet(s) if neces	
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PLAN OF MERGER

The following plan of merger, which was adopted and approved by each party to the merger in accordance with section(s) 607.1107, 617.1103, 608.4381, and/or 620.202, is being submitted in accordance with section(s) 607.1108, 608.438, and/or 620.201, Florida Statutes.

FIRST: The exact name and jurisdiction of each merging party are as follows:

Name

Jurisdiction

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Muscle Plus Nutrition, CORP

Florida

SECOND: The exact name and jurisdiction of the **surviving** party are as follows:

Name

Jurisdiction

Metro Muscle, LLC

Florida

THIRD: The terms and conditions of the merger are as follows:

Same owner of each corporation and merging together with Metro Muscle being the surviver.

(Attach additional sheet(s) if necessary)

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A. The manner and basis of converting the interests, shares, obligations or other securities of each merged party nto control of the service of the se into the interests, shares, obligations or other securities of the survivor, in whole or in part, into cash or other property are as follows:

Article will stay the same.

B. The manner and basis of converting <u>rights to acquire</u> interests, shares, obligations or other securities of each merged party into rights to acquire interests, shares, obligations or other securities of the surviving entity, in whole or in part, into cash or other property are as follows:

The surviving company Metro Muscle will assume all assetts of Muscle Plus Nutrition.

(Attach additional sheet(s) if necessary)

FIFTH: If a partnership or limited partnership is the surviving entity, the name(s) and address(es) of the general partner(s) are as follows:

If General Partner is a Non-Individual,

Name(s) and Address(es) of General Partner(s) Florida Document/Registration Number **SIXTH:** If a limited liability company is the surviving entity the name(s) and address(es) of the manager(s)managing members are as follows:

Jake D. Appel
6842 Scythe Ave

SEVENTH: All statements that are required by the laws of the jurisdiction(s) under which each Non-Florida business entity that is a party to the merger is formed, organized, or incorporated are as follows:

N/A

EIGHTH: Other provisions, if any, relating to the merger: N/A

Orlando Fl. 328912

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