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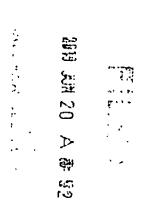
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COVER LETTER

TO: Amendment Section Division of Corporations

NAME OF CORPOR	Tammy Fogarty	Nutrition and Wellness.	
DOCUMENT NUME	BER:P16000019106		
The enclosed Articles	of Amendment and fee are su	bmitted for filing.	
Please return all corres	spondence concerning this ma	tter to the following:	
	Tammy Fogarty		
	Tammy Fogarty Nutrition	Name of Contact Person and Wellness, Inc	1
	536 NE 8th Avenue	Firm/ Company	
	Deerfield Beach, FL 3344	Address 1	
		City/ State and Zip Code	C
tar	nmy@tammyfogarty.com		
	E-mail address: (to be used for future annua	report notification)
For further information	n concerning this matter, pleas	se call:	
Tammy Fogarty		561 at (
Name o	of Contact Person	Area Co	de & Daytime Telephone Number
Enclosed is a check fo	r the following amount made	payable to the Florida Depa	artment of State:
■ \$35 Filing Fee	☐\$43.75 Filing Fee & Certificate of Status	-	☐\$52.50 Filing Fee Certificate of Status Certified Copy (Additional Copy is enclosed)
Amo Divi P.O.	ling Address endment Section sion of Corporations Box 6327	Amend Divisio Clifton	Address Iment Section on of Corporations Building Executive Center Circle

Tallahassee, FL 32301

Articles of Amendment to Articles of Incorporation of

Tammy Fogarty Nutrition and Wellness, Inc

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If amending the Officers and/or Directors, enter the title and name of each officer/director being removed and title, name address of each Officer and/or Director being added:

(Attach additional sheets, if necessary)

Please note the officer/director title by the first letter of the office title:

P = President; V = Vice President; T = Treasurer; S = Secretary; D = Director; TR = Trustee; C = Chairman or Clerk; CEO = Executive Officer; CFO = Chief Financial Officer. If an officer/director holds more than one title, list the first letter of each held, President, Treasurer, Director would be PTD.

Changes should be noted in the following manner. Currently John Doe is listed as the PST and Mike Jones is listed as the V. Th a change, Mike Jones leaves the corporation, Sally Smith is named the V and S. These should be noted as John Doe, PT as a Ch-Mike Jones, V as Remove, and Sally Smith, SV as an Add.

Example:	, ила жи	y smun, sv us un raa.	
X Change	<u>PT</u>	John Doc	
X Remove	<u>V</u>	Mike Jones	
\underline{X} Add	<u>SV</u>	Sally Smith	
Type of Action (Check One)	<u>Title</u>	<u>Name</u>	<u>Addres</u> s
1) Change			
Add			
Remove			
2) Change			
Add			
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3) Change			
Add			
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5) Change			
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6) Change			
Add			
Remove			

	(Attach additional sheets, if necessary). (Be specific)
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	an amendment provides for an exchange, reclassification, or cancellation of issued shares,
<u>.</u>	rovisions for implementing the amendment if not contained in the amendment itself:
20	rovisions for implementing the amendment if not contained in the amendment itself: (if not applicable, indicate N/A)
<u>.</u>	rovisions for implementing the amendment if not contained in the amendment itself:
21	rovisions for implementing the amendment if not contained in the amendment itself:
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	adoption:	, if other the
date this document was signed.		
Effective date <u>if applicable</u> :		
	(no more than 90 days after amendment file date)	
Adoption of Amendment(s)	(<u>CHECK ONE</u>)	
☐ The amendment(s) was/were ad by the shareholders was/were s	opted by the shareholders. The number of votes cast for the amendment(s) sufficient for approval.	
	proved by the shareholders through voting groups. The following statement or each voting group entitled to vote separately on the amendment(s):	
	at for the amendment(s) was/were sufficient for approval	
by	(voting group)	
	(voting group)	
☐ The amendment(s) was/were ad action was not required.	opted by the board of directors without shareholder action and shareholder	
The amendment(s) was/were ad action was not required.	opted by the incorporators without shareholder action and shareholder	
6/11/20	19	
Dated		
Signature	director, president or other officer – if directors or officers have not been	
select	director president or other officer – if directors or officers have not been ed, by an incorporator – if in the hands of a receiver, trustee, or other court need fiduciary by that fiduciary)	
;	Tammy Fogarty	
*	(Typed or printed name of person signing)	
	Owner and Operator	
	(Title of person signing)	