

**Electronic Articles of Incorporation
For**

P16000019930
FILED
March 01, 2016
Sec. Of State
sgilbert

IRC BEFORE AND AFTER DIET RESOURCES, INC.

The undersigned incorporator, for the purpose of forming a Florida profit corporation, hereby adopts the following Articles of Incorporation:

Article I

The name of the corporation is:

IRC BEFORE AND AFTER DIET RESOURCES, INC.

Article II

The principal place of business address:

2706 20TH ST.
VERO BEACH, . 32960

The mailing address of the corporation is:

770 W, MIDWAY RD.
FORT PIERCE, FL. US 34982

Article III

The purpose for which this corporation is organized is:

ANY AND ALL LAWFUL BUSINESS.

Article IV

The number of shares the corporation is authorized to issue is:

100

Article V

The name and Florida street address of the registered agent is:

NANCY L WATSON
770 W. MIDWAY RD.
FORT PIERCE, FL.

I certify that I am familiar with and accept the responsibilities of registered agent.

Registered Agent Signature: NANCY L WATSON

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Article VI

The name and address of the incorporator is:

NANCY LEE MCCASKILL
801 SOUTH OCEAN DR. #808

FORT PIERCE, FL 34949

Electronic Signature of Incorporator: NANCY LEE MCCASKILL

I am the incorporator submitting these Articles of Incorporation and affirm that the facts stated herein are true. I am aware that false information submitted in a document to the Department of State constitutes a third degree felony as provided for in s.817.155, F.S. I understand the requirement to file an annual report between January 1st and May 1st in the calendar year following formation of this corporation and every year thereafter to maintain "active" status.

Article VII

The initial officer(s) and/or director(s) of the corporation is/are:

Title: P
NANCY L MCCASKILL
801 SOUTH OCEAN DR. #808
FT PIERCE, FL. 34949 US

Article VIII

The effective date for this corporation shall be:

03/01/2016