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BASIC AMENDMENT

NUTRITION TODAY INC.

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11/4/99

November 8, 1999

NUTRITION TODAY INC. GENERAL NUTRITION CENTER 5703 N. UNIVERSITY DR. TMARAC, FL 33321

SUBJECT: NUTRITION TODAY INC.

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ARTICLES OF AMENDMENT TO ARTICLES OF INCORPORATION

OF

NUTRITION TODAY INC.

Pursuant to the provisions of section 607.1006, Florida Statutes, this Florida Profit Corporation adopts the following articles of amendment to its articles of incorporation:

FIRST: Amendment(s) adopted:

ARTICLE I - NAME is hereby amended to read as follows:

BROOKSIDE NUTRITION CENTER, INC.

SECOND: The effective date of this amendment is November 5, 1999.

THIRD: Adoption of Amendment(s)

The amendment was approved by the shareholders and adopted on November 5, 1999. The number of votes cast for the amendment was sufficient for approval.

Signed this 5th day of November, 1999

Signature

Bernardo Yibirin, President