



15 March 2010

**Owen Nelson**  
**Musashi & PowerBar**  
**Nestlé Performance Nutrition**  
**16 Howleys Road**  
**Notting Hill VIC 3168 Australia**

Dear Owen,

I would like to thank Musashi for their ongoing support of the CA Brumbies. After 12 years Musashi products continue to play an important role in the physical development and recovery of all of our players.

The demands of professional rugby are intense. During this last preseason many of our players have made significant gains in lean muscle mass while still completing up to 30 kilometres a week of field based training and conditioning. I don't think these gains would have been realised without the nutritional support from Musashi.

We run both team and individual supplement programs. The compliance to 1-2-3 protocol of 'Reactivate Hardcore', 'Elevator' and 'Regenerator' has been fantastic and is no doubt an important factor in the recent gains our players have made.

As a team, the P40 tetra packs, P20 and Growling Dog bars are convenient and effective post training snacks. At an individual level Creatine, Create, Nourish, WPI and P40 are extensively used.

The best thing about Musashi is how the product range continually evolves to reflect the latest findings in sports nutrition. Musashi products certainly assist us to develop our players to their potential and maintain maximum levels of physical performance.

At the CA Brumbies we strive to have the best prepared players in world rugby, Musashi is an important part of that.

Thankyou for your continued support, we look forward to a big season in 2010.

Sincerely,

**Rod Lindsell**  
**Head Strength & Conditioning Coach**

