



US009510988B2

(12) **United States Patent**
Blendermann

(10) **Patent No.:** **US 9,510,988 B2**

(45) **Date of Patent:** **Dec. 6, 2016**

(54) **METHOD FOR INCREASING MUSCLE STRENGTH**

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 281 days.

(21) Appl. No.: **13/987,482**

(22) Filed: **Jul. 30, 2013**

(65) **Prior Publication Data**

US 2013/0345607 A1 Dec. 26, 2013

Related U.S. Application Data

(63) Continuation of application No. 10/302,527, filed on Nov. 25, 2002, now Pat. No. 8,617,590, which is a continuation-in-part of application No. 09/234,753, filed on Jan. 21, 1999, now abandoned.

(51) **Int. Cl.**

A61F 13/00 (2006.01)
A61K 9/20 (2006.01)
A61H 1/00 (2006.01)
A44C 25/00 (2006.01)
A63B 71/00 (2006.01)
A61H 39/00 (2006.01)

(52) **U.S. Cl.**

CPC **A61H 1/008** (2013.01); **A44C 25/002** (2013.01); **A61H 39/00** (2013.01); **A63B 71/00** (2013.01); **A61H 2201/165** (2013.01)

(58) **Field of Classification Search**

CPC A61K 9/20; A61F 13/00
USPC 424/449, 464
See application file for complete search history.

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(57) **ABSTRACT**

A method of increasing strength using a nutrient holding device (pedal device, hat band, necklace, locket, belt, etc.) which contains at least one nutrient which has the ability to stimulate reflex zones on the skin resulting in improved performance when worn during athletic endeavors (exercise).

8 Claims, 9 Drawing Sheets

