

THE AUTOMOTIVE RESOURCE NETWORK HOLDINGS, INC.  
BALANCE SHEET  
AS OF DECEMBER 31, 2017

ASSETS

CURRENT ASSETS

CHECKING/SAVINGS

ARNH

197.25

TOTAL CHECKING/SAVINGS

197.25

OTHER CURRENT ASSETS

CARDIFF SERUIES B PREF STOCK

23,000.00

MERCHANT RESERVE

3,702.01

RAADR VCORP CONVERTIBLE NOTE

2,000.00

TOTAL OTHER CURRENT ASSETS

28,702.01

TOTAL ASSETS

28,899.26

LIABILITIES & EQUITY

LIABILITIES

CURRENT LIABILITIES

OTHER CURRENT LIABILITIES

DUE TO AM

1,365.00

DUE TO MS

100.00

TOTAL OTHER CURRENT LIABILITIES

1,465.00

TOTAL CURRENT LIABILITIES

1,465.00

LONG TERM LIABILITIES

NOTES PAYABLE

PBDC,LLC

67,500.00

SEAN HUMMEL

2,268.00

HEIDI MICHITSCH

5,000.00

WORLD MARKET VENTURES

9,000.00

DAVUD FAILLA

5,000.00

MILAN SAHA

7,500.00

TOTAL NOTES PAYABLE

96,268.00

LOANS PAYABLE

ALGAE OMEGA

97,533.00

TOTAL LOANS PAYABLE

97,533.00

TOTAL LONG TERM LIABILITIES

193,801.00

TOTAL LIABILITIES

195,266.00

EQUITY

ADDITIONAL PAID IN CAPITAL

197,625,577.58

CAPITAL STOCK

4,348,634.20

DISCOUNT ON CAPITAL

(45,000.00)

RETAINED EARNINGS

(201,984,720.80)

SERIES A

32,000.00

SERIES C

4,163.00

SERIES E

22,502.10

SERIES H

0.93

NET INCOME

(169,523.75)

TOTAL EQUITY

(166,366.74)

TOTAL LIABILITIES & EQUITY

28,899.26

## **OTC Pink Basic Disclosure Guidelines**

### **1) Name of the issuer and its predecessors (if any)**

In answering this item, please also provide any names used by predecessor entities in the past five years and the dates of the name changes.

The Automotive Resource Network Holdings Inc DBA Intensity Nutrition

### **2) Address of the issuer's principal executive offices**

#### Company Headquarters

Address 1: 6385 W 11th Place  
Lakewood CO 80214

Address 2: \_\_\_\_\_  
Address 3: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Website(s): \_\_\_\_\_

#### IR Contact

Address 1: \_\_\_\_\_  
Address 2: \_\_\_\_\_  
Address 3: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Website(s): \_\_\_\_\_

### **3) Security Information**

Trading Symbol: ARNH

Exact title and class of securities outstanding: Common

CUSIP: 053304200

Par or Stated Value: \$0.00001

Total shares authorized: 20,000,000,000

as of: December 31/ 2017

Total shares outstanding: 8,258,634,091

as of: December 31/20107

Additional class of securities (if necessary): PREFERRED

Pref A- 32,000,000 Shares

Pref B- 1 Share

Pref C - 150, 000 Shares

Pref D- 39,000,000 Shares

Pref E - 25,020,520 Shares

Pref G- 720,000 Shares

CUSIP: \_\_\_\_\_  
Par or Stated Value: \_\_\_\_\_  
Total shares authorized: \_\_\_\_\_ as of: \_\_\_\_\_  
Total shares outstanding: \_\_\_\_\_ as of: \_\_\_\_\_

Transfer Agent

Name: \_\_\_\_\_ Securities Transfer Corp  
Address 1: \_\_\_\_\_ 2901 Dallas Pkwy Ste 380 Plano TX 75093  
Address 2: \_\_\_\_\_  
Address 3: \_\_\_\_\_  
Phone: \_\_\_\_\_

Is the Transfer Agent registered under the Exchange Act?\* Yes: X ☐ No: ☐

\*To be included in the OTC Pink Current Information tier, the transfer agent must be registered under the Exchange Act.

List any restrictions on the transfer of security:

N/ A

\_\_\_\_\_

Describe any trading suspension orders issued by the SEC in the past 12 months.

\_\_\_\_\_ N/A

List any stock split, stock dividend, recapitalization, merger, acquisition, spin-off, or reorganization either currently anticipated or that occurred within the past 12 months:

N/A

\_\_\_\_\_

**4) Issuance History**

List below any events, in chronological order, that resulted in changes in total shares outstanding by the issuer in the past two fiscal years and any interim period. The list shall include all offerings of equity securities, including debt convertible into equity securities, whether private or public, and all shares or any other securities or options to acquire such securities issued for services, describing (1) the securities, (2) the persons or entities to whom such securities were issued and (3) the services provided by such persons or entities. The list shall indicate:

**Please See Financial Notes Attached**

A. The nature of each offering (e.g., Securities Act Rule 504, intrastate, etc.);

\_\_\_\_\_

B. Any jurisdictions where the offering was registered or qualified;

\_\_\_\_\_

C. The number of shares offered;

\_\_\_\_\_

D. The number of shares sold;

\_\_\_\_\_

E. The price at which the shares were offered, and the amount actually paid to the issuer;

\_\_\_\_\_

F. The trading status of the shares; and

\_\_\_\_\_

G. Whether the certificates or other documents that evidence the shares contain a legend (1) stating that the shares have not been registered under the Securities Act and (2) setting forth or referring to the restrictions on transferability and sale of the shares under the Securities Act.

\_\_\_\_\_

## 5) Financial Statements

Provide the financial statements described below for the most recent fiscal year end or quarter end to maintain qualification for the OTC Pink Current Information tier. For the initial disclosure statement (qualifying for Current Information for the first time) please provide reports for the two previous fiscal years and any interim periods.

- A. Balance sheet;
- B. Statement of income;
- C. Statement of cash flows;
- D. Financial notes; and
- E. Audit letter, if audited

The financial statements requested pursuant to this item shall be prepared in accordance with US GAAP by persons with sufficient financial skills.

You may either (i) attach/append the financial statements to this disclosure statement or (ii) post such financial statements through the OTC Disclosure & News Service as a separate report using the appropriate report name for the applicable period end. ("Annual Report," "Quarterly Report" or "Interim Report").

If you choose to publish the financial reports separately as described in part (ii) above, you must state in the accompanying disclosure statement that such financial statements are incorporated by reference. You may reference the document(s) containing the required financial statements by indicating the document name, period end date, and the date that it was posted to otcq.com in the field below.

\_\_\_\_\_

Information contained in a Financial Report is considered current until the due date for the subsequent Financial Report. To remain in the OTC Pink Current Information tier, a company must post its Annual Report within 90 days from its fiscal year-end date and Quarterly Reports within 45 days of its fiscal quarter-end date.

## 6) Describe the Issuer's Business, Products and Services

OTC Markets Group Inc.

OTC Pink Basic Disclosure Guidelines (v1.1 April 25, 2013)



Describe the issuer's business so a potential investor can clearly understand the company. In answering this item, please include the following:

- A. a description of the issuer's business operations; DBA as Intensity Nutrition, the company produces and markets Dietary Supplements through its website [www.intensitynutrition.com](http://www.intensitynutrition.com)  
B.

- \_\_\_\_\_
- C. Date and State (or Jurisdiction) of Incorporation:

FL

- \_\_\_\_\_
- D. the issuer's primary and secondary SIC Codes;

- \_\_\_\_\_
- E. the issuer's fiscal year end date;

December 31 2017

- \_\_\_\_\_
- F. principal products or services, and their markets;

Dietary Supplements Market

\_\_\_\_\_

## 7) Describe the Issuer's Facilities

The goal of this section is to provide a potential investor with a clear understanding of all assets, properties or facilities owned, used or leased by the issuer.

Online Store and Physical product Storage facility in Golden Colorado

In responding to this item, please clearly describe the assets, properties or facilities of the issuer, give the location of the principal plants and other property of the issuer and describe the condition of the properties. If the issuer does not have complete ownership or control of the property (for example, if others also own the property or if there is a mortgage on the property), describe the limitations on the ownership.

If the issuer leases any assets, properties or facilities, clearly describe them as above and the terms of their leases.

Intensity Nutrition Trademark and IP

\_\_\_\_\_

## 8) Officers, Directors, and Control Persons

The goal of this section is to provide an investor with a clear understanding of the identity of all the persons or entities that are involved in managing, controlling or advising the operations, business development and disclosure of the issuer, as well as the identity of any significant shareholders.

- A. Names of Officers, Directors, and Control Persons. In responding to this item, please provide the names of each of the issuer's executive officers, directors, general partners and control persons (control persons are beneficial owners of more than five percent (5%) of any class of the issuer's equity securities), as of the date of this information statement.

Mr Leonard K Armenta Jr.

3 Billion (3,000,000,000) Common shares

1 Preferred B Share

20 Million Series E Preferred

\_\_\_\_\_

- B. Legal/Disciplinary History. Please identify whether any of the foregoing persons have, in the last five years, been the subject of:

1. A conviction in a criminal proceeding or named as a defendant in a pending criminal proceeding (excluding traffic violations and other minor offenses);

NO

\_\_\_\_\_

2. The entry of an order, judgment, or decree, not subsequently reversed, suspended or vacated, by a court of competent jurisdiction that permanently or temporarily enjoined, barred, suspended or otherwise limited such person's involvement in any type of business, securities, commodities, or banking activities;

NO

\_\_\_\_\_

3. A finding or judgment by a court of competent jurisdiction (in a civil action), the Securities and Exchange Commission, the Commodity Futures Trading Commission, or a state securities regulator of a violation of federal or state securities or commodities law, which finding or judgment has not been reversed, suspended, or vacated; or

NO

\_\_\_\_\_

4. The entry of an order by a self-regulatory organization that permanently or temporarily barred suspended or otherwise limited such person's involvement in any type of business or securities activities.

NO

\_\_\_\_\_

- C. Beneficial Shareholders. Provide a list of the name, address and shareholdings or the percentage of shares owned by all persons beneficially owning more than ten percent (10%) of any class of the issuer's equity securities. If any of the beneficial shareholders are corporate shareholders, provide the name and address of the person(s) owning or controlling such corporate shareholders and the resident agents of the corporate shareholders.

\_\_\_\_\_

## 9) Third Party Providers

Please provide the name, address, telephone number, and email address of each of the following outside providers that advise your company on matters relating to operations, business development and disclosure:

Legal Counsel

Name: Milan Saha Esq

Firm: \_\_\_\_\_

Address 1: 40 Wall Street 28th Floor  
New York NY 10018

Address 2: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Accountant or Auditor

Name: Mr Wendle Hecker

Firm: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

Phone: 954 296 4532

Email: \_\_\_\_\_

Investor Relations Consultant

Name: \_\_\_\_\_

Firm: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Other Advisor: Any other advisor(s) that assisted, advised, prepared or provided information with respect to this disclosure statement.

Name: \_\_\_\_\_

Firm: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**10) Issuer Certification**

The issuer shall include certifications by the chief executive officer and chief financial officer of the issuer (or any other persons with different titles, but having the same responsibilities).

The certifications shall follow the format below:

I, [identify the certifying individual] certify that:

1. I have reviewed this [specify either annual or quarterly disclosure statement] of [identify issuer];
2. Based on my knowledge, this disclosure statement does not contain any untrue statement of a material fact or omit to state a material fact necessary to make the statements made, in light of the circumstances under which such statements were made, not misleading with respect to the period covered by this disclosure statement; and
3. Based on my knowledge, the financial statements, and other financial information included or incorporated by reference in this disclosure statement, fairly present in all material respects the financial condition, results of operations and cash flows of the issuer as of, and for, the periods presented in this disclosure statement.

\_\_\_\_\_ [Date]

\_\_\_\_\_ [CEO's Signature]

\_\_\_\_\_ [CFO's Signature]

\_\_\_\_\_(Digital Signatures should appear as "/s/ [OFFICER NAME]")

\_\_\_\_\_ [Title]



THE AUTOMOTIVE RESOURCE NETWORK HOLDINGS, INC.  
STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 12/31/2017

NET INCOME	(169,523.75)
<b>OPERATING ACTIVITIES</b>	
CHANGE IN LIABILITIES	169,309.50
	-----
NET CASH INCREASE(DECREASE) FOR PERIOD	214.25
CASH AT BEGINNING OF PERIOD	(17.00)
	-----
CASH AT END OF PERIOD	197.25
	=====

THE AUTOMOTIVE RESOURCE NETWORK HOLDINGS, INC.  
PROFIT & LOSS  
FOR THE YEAR ENDED 12/31/2017

INCOME

EXPENSES

CONSULTING 157,370.00

LEGAL FEES 2,268.00

GENERAL & ADMINISTRATIVE 9,885.75

TOTAL EXPENSES 169,523.75

NET INCOME (LOSS) (169,523.75)

=====

**The Automotive Resource Network Holding Inc (ARNH)**  
**2017 Annual Financial Notes and Disclosures**

On April 1st 2015, the Company entered into a consulting agreement With PBDC LLC. PBDC LLC is owned by Adrian McKenzie. Mr. McKenzie also owns Suds and Kisses Holding Corp. Suds and Kisses Holdings Corp was the Majority shareholder of the ARNH, until July 25th 2017, when the company (Suds and Kisses Equity position) was sold.

PBDC LLC's consulting agreement contract encompassed various aspect in keeping the company alive and compliant. PBDC LLC, helped pay various bills, negotiate transactions on behalf of the company, (such as but not limited to Legal Bills, Transfer agent Bills, company related bills, OTC markets fees, negotiating mergers and acquisitions.), as the company was in Three (3) separate litigation cases. Which all Three (3) have all been either been dropped or dismissed. PBDC LLC's contract ended June 30th 2017.

Back salary and expenses owed to PBDC LLC at a sum of \$2500/ month as per consulting agreement is a total of \$67,500. Which has been issued in 9 separate Quarterly Promissory Notes. Bearing between 8%-10% interest convertible at a Sixty Percent (60%) Discount to the fair market value or Sixty Percent (60%) discount to the VWAP of the trailing 20 trading days of the stock.(amended April 1 2017).

The Nine(9) Quarterly Promissory Notes are as follows:

April 1st 2015 - June 30th 2015	\$7500
July 1st 2015 - Sept 30th 2015	\$7500
Oct 1st 2015 - Dec 31st 2015	\$7500

Jan 1st 2016 - March 31st 2016	\$7500
April 1st 2016- June 30th 2016	\$7500
July 1st 2016- Sept 30th 2016	\$7500
Oct 1st 2016- Dec 31st 2016	\$7500

Jan 1st 2017- March 31st 2017	\$7500
April 1st 2017- June 30th 2017	\$7500

**Total Owed to PBDC LLC**

**\$67,500**

On March 30 2017, the company issued a convertible promissory note in the amount of Fifteen Thousand (\$15K) to attorney Milan Saha of New York as part of legal counsel compensation.

April 20 2017 Company issued 410 Million (410,000,000) shares to World Market Ventures as per a note conversion

May 16th Company issued 370 Million (370,000,000) Shares to World Market Ventures, as per note conversion

On June 30 2017 Company issues a Convertible Promissory note to Consultant Heidi Michitsch for Twenty Five Thousand (\$25K)

In July 2017 Previous CEO Mark Solomon was issued Five Hundred Million (500,000,000) Restricted shares of common stock to settle back salaries owed to him from his contract as CEO.

In July 2017 Previous CEO David Failla was issued Five Hundred Million (500, 000,000) restricted shares of common stock for settlement of equity owed to him from his contract as CEO.

In July 2017 a convertible promissory note was issued to David Failla for Five Thousand Dollars (5K).

July 21 2017 the company issued 325 Million (325,000,000) Shares to World Market Ventures as per note conversion

On July 25 th 2017 the company (which was controlled by Suds and Kisses Holding corp), was sold to Mr. Leonard K armenta Jr. DBA as F3 Innovations and Intensity Nutrition, out of Golden Colorado USA.

Suds and Kisses Holding Corp. The majority shareholder at the time sold all shares owned by them (The control shares) to Leonard K armenta Jr. in an asset Acquisition of F3 Innovations and Intensity Nutrition, which were owned by Armenta.



Shares sold were as follows:

3 Billion (3,000,000,000) Common Shares  
20 Million (20,000,000) Series E preferred  
1 Share (1) Series B Preferred.

August 25th 2017 the Company issued a Convertible Promissory Note for Two thousand two hundred and sixty eight dollars (\$2268) to attorney Sean Hummel For outstanding legal fees due. Bearing 9.875% interest per annum at a conversion ratio of a 50% Discount to the bid or 50% discount to the vwap for the trailing 20 trading days.

Oct 2 /2017 the company issued 530 Million (530,000,000) Shares of common stock to World Market Ventures in Common stock, as per a note conversion.

On Oct 22 2017 The company hired Mr. John Morgan of Mobile Alabama as a Consultant to the company, as per Employment agreement agreement Dated Oct 22 2017.

On December 12th 2017 the company issued a Convertible promissory note to Ms. Heidi Michitsch in the amount Five Thousand dollars (\$5K) , for a loan made to the company.

December 13th the company Issued 425 Million shares to PBDC LLC as per a note conversion

In December the company issued a Convertible promissory note to World Market Ventures in the amount of Five Thousand dollars (\$5K), for a loan made to the company.

December 21, company issued 370 Million (370,000,000) Shares to World market Ventures, as per a note conversion.