Exhibit 10.53  
 FIRST AMENDMENT TO LOAN AGREEMENT  
 This First Amendment to Loan Agreement (this "Amendment"), dated as of September 30, 2018, among Kaged Muscle LLC, a Delaware limited liability company (the "Borrower"), Xxxxxxx XxXxxxx an individual resident in the state of Idaho, (the "Guarantor" and together with the Borrower, the "Debtor Parties"), and Natural Alternatives International, Inc. a Delaware corporation (the "Lender"). Each of Lender, Borrower, and Guarantor may be referred to individually as a "Party", and collectively as the "Parties").  
 WHEREAS, the Debtor Parties and the Lender, entered into a Loan Agreement, dated as of September 30, 2017 (as amended, restated, supplemented or otherwise modified from time to time in accordance with its provisions, the "Loan Agreement").  
 WHEREAS, the Parties hereto desire to amend the Loan Agreement on the terms and subject to the conditions set forth herein; and  
 WHEREAS, the Debtor Parties have requested, and the Lender has agreed, to amend the Loan Agreement to modify the Maturity Date to be December 28, 2018; and  
 WHEREAS, pursuant to Section 8.6 Amendments and Waivers, of the Loan Agreement, the amendment requested by the Debtor Parties must be contained in a written agreement signed by the Lender.