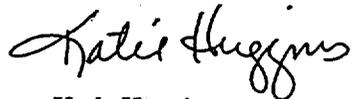


NOTICE

This notice is being given pursuant to Section 6 of the DSHEA of 1994, concerning the following product: EveningMulti. 4Health, Inc. the product's distributor, is filing this notice rather than the product manufacturer as 4Health, Inc. is the entity responsible for the statements which are being made on the product's labeling. All of these are statements described in subparagraph (A) of Section 6.

1. EveningMulti supports your evening need for rest and relaxation.
2. Now you can rest more easily knowing these ingredients are working together to support nighttime rest and rebuilding. And you can wake up feeling great.
 - Calcium and other minerals for relaxation, and for building bones, teeth, hair and nails.
 - Relaxing herbs: chamomile, passionflower, scullcap, hops.
3. Take EveningMulti every night for rest, relaxation and rejuvenation.

4Health, Inc.



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Date: June 4, 1996.

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