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NOTICE

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This notice is being given in a timely manner pursuant to Section 6 of the DSHEA of 1994, concerning the following product: UnDo. (which consists of one unit of Blended Herbs and one unit of Blended Fiber). 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. UnDo combats the sluggish feeling that results from stress, diet and pollution. Natural herbs help your body loosen up and eliminate toxins that build up in every cell of your body. And gentle fibers sweep them out through your digestive and eliminative systems.
2. Take one Blended Fiber tablet and one Blended Herbs tablet together in the evening, as a whole body cleanser.
3. Undo will help counteract the effects of stress, poor diet and pollution, and enhance your digestion and elimination.
4. This whole body cleansing program will support your body's natural ability to eliminate toxins, and cleanse the digestive and eliminative systems, without a laxative effect.
5. You'll know UnDo is working when:
 - your digestion and elimination feel smoother and easier
 - you don't feel heavy and lethargic after a meal
 - you achieve 2 to 3 good bowel movements per day
 - you experience more energy, clarity and feel lighter

4Health, Inc.

By:

Katie Huggins

Katie Huggins
Manager, Research and Development
5485 Conestoga Court
Boulder, Colorado 80301
1-303-546-6306

Date: July 19, 1996

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