



RECEIVED
7/15/98

**NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA
AND 21 CFR §101.93**

6906 '98 AUG -5 P1:41

This notification is being filed on behalf of 4Health, Inc., doing business as 4Health, which is the distributor of the product(s) which bear the statements identified in this notification. Its business address is: 5485 Conestoga Court, Boulder CO 80301. This notification is being made pursuant to Section 6 of DSHEA and Rule 21 C.F.R. §101.93. The dietary supplement product on whose label or labeling the statements appear is **4Health Energy**.

The text of each structure-function statement for which notification is now being given is:

- Statement1. Whether participating in sports where physical strength and endurance is important or struggling to get through the day where concentration and alertness is key, 4Health Energy can help you.
- Statement2. Definite effect - increased physical and mental energy and endurance.
- Statement3. 4Health Energy is an advanced all-natural, multi-ginseng formula designed to enhance energy, endurance, physical and mental performance.
- Statement4. Improved endurance means greater oxygen absorption, lower heart rate during exercise, lower blood lactate levels, and superior cardiovascular fitness and capacity to perform at your very best.
- Statement5. Because ginseng enhances the transformation of fatty acids to energy during prolonged exercise, it spares or "preserves" the stores of muscle glycogen-resulting in less fatigue.
- Statement6. Ginseng helps enhance mental endurance and fight off stress.
- Statement7. Research has shown that ginseng acts on the hypothalamus or pituitary to promote secretion of adrenocorticotrophic hormone (ACTH), a hormone that supports the manufacture and secretion of adrenal hormones. The release of ACTH and associated pituitary substances (e.g. endorphins) is likely responsible for the antifatigue and antistress activities of ginseng.
- Statement8. Several of the ingredients in this formula have been shown to stimulate the activity of the immune system.
- Statement9. Panax ginseng has been shown to enhance many immune functions, including natural killer cell activity, interferon production, and macrophage activity
- Statement10. Astragalus Root has been shown to enhance the proliferation of mononuclear white blood cells (macrophages and lymphocytes) in vitro (in test tube).

The following summary identifies the dietary ingredient(s) or supplement(s) for which a statement has been made.

<u>Statement Number</u>	<u>Identity of Dietary Ingredient(s) or Supplement that is the Subject of the Statement</u>
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97S - 0162

60152
LET 1913
HN30102 06/03/98

- 1 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 2 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 3 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 4 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 5 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 6 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 7 Panax ginseng root extract, Siberian Ginseng root extract, American ginseng root extract, Tienchi ginseng root,.
- 8 Panax ginseng root extract, Astragalus membranaceous, Polygonum Multiflorum Root, Bupleurum.
- 9 Panax ginseng root extract.
- 10 Astragalus membranaceous.

The following identifies the brand name of each supplement for which a statement is made:

<u>Statement Number</u>	<u>Brand Name</u>	<u>Label or Labeling?</u>
1	4Health™ Energy.	Both
2	4Health™ Energy.	Label
3	4Health™ Energy.	Labeling
4	4Health™ Energy.	Labeling
5	4Health™ Energy.	Labeling
6	4Health™ Energy.	Labeling
7	4Health™ Energy.	Labeling
8	4Health™ Energy.	Labeling
9	4Health™ Energy.	Labeling
10	4Health™ Energy.	Labeling

I, R. Lindsey Duncan, am authorized to certify this Notification on behalf of 4Health, Inc. I certify that the information presented and contained in this Notification is complete and accurate, and that 4Health, Inc. has substantiation that each structure-function statement is truthful and not misleading.

Date Signed:

June 30

1998

By:


 Dr. R. Lindsey Duncan CN, ND
 CEO and Formulator, 4Health, Inc.