

Notice is hereby given pursuant to the requirements of section 403(r)(6)(21 U.S.C. 343(r)(6) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that Metagenics, Inc. with its principal place of business at 100 Avenida la Pata, San Clemente, California 92673, (949) 369-3372, has commenced marketing the following dietary supplements bearing the following statement(s) on the label and/or in the labeling:

MAY 14 2004

**METAGENICS BRAND**

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Perimine	Perilla Seed Extract ( <i>Perilla frutescens</i> ) (containing rosmarinic acid and luteolin)	<b>Perimine®</b> features a patented extract of perilla seed ( <i>Perilla frutescens</i> ), a unique herb traditionally used to promote healthy respiratory and immune function. Respiratory support formula.
EPA-DHA Extra Strength EE (Enteric Coated)	Natural Marine Lipid Concentrate, EPA (Eicosapentaenoic acid), DHA (Docosahexaenoic acid)	<b>EPA-DHA Extra Strength® EE</b> is a concentrated source of health-promoting, antioxidant-stabilized, omega-3 essential fatty acids from cold water fish. EPA-DHA Extra Strength® EE supports healthy cholesterol levels already within the normal range and musculoskeletal, cardiovascular, nervous, endocrine, and immune functions.
EPA-DHA 720™	Natural Marine Lipid Concentrate, EPA (Eicosapentaenoic acid), DHA (Docosahexaenoic acid)	<b>EPA-DHA™</b> is a highly concentrated source of health-promoting, omega-3 essential fatty acids from cold water fish—a total of 720 mg EPA and DHA per

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		softgel, the highest level available.
EPA-DHA Liquid™	Omega-3 Fatty Acids, EPA (Eicosapentaenoic acid), DHA (Docosahexaenoic acid), Other Omega-3 fatty acids	<b>EPA-DHA Liquid™</b> is an ideal source of health-promoting, antioxidant stabilized, omega-3 essential fatty acids from purity certified fish oil. Providing EPA and DHA in balanced ratios makes this an ideal supplement for children and adults for health maintenance.
DHA Chewable™	DHA (Docosahexaenoic acid), EPA (Eicosapentaenoic acid), Other Omega-3 fatty acids	<b>DHA Chewable™</b> features a natural, light lemon flavor and is ideal for children to support healthy brain development and vision.
Meta Lipoate® 300	Alpha-Lipoic Acid	ALA may protect tissues from free radicals, enhance glucose transport and metabolism, support nerve tissue health (especially peripheral nerves), enhance the production of cellular energy (ATP), and support liver health and detoxification. ALA has broad antioxidant activity in both aqueous and fatty tissues. It not only scavenges free radicals, but also recycles other antioxidants—factors contributing to many of its benefits.
Meta-Sitosterol™ 2.0	Beta-sitosterol, Campesterol, Stigmasterol, Other Plant Sterols	<b>Meta-Sitosterol™ 2.0</b> is a naturally derived vegetable preparation featuring enhanced levels of a balanced concentrate of plant sterols—2 grams per day—which may help to maintain healthy blood cholesterol levels already

		<p>within the normal range. The National Institutes of Health recommends a healthy diet, along with the consumption of 2 grams of plant sterols daily, to promote cardiovascular health. Also features ActiFolate™, a proprietary blend of active folates to support healthy homocysteine metabolism and cardiovascular health.</p>
Sinuplex™	<p>Vitamin C (as ascorbic acid), Quercetin Dihydrate, Nettle Root 10:1 Extract (<i>Urtica dioica</i>), Bromelain, N-Acetylcysteine</p>	<p><b>New &amp; Improved Sinuplex™</b> features a unique, ephedra-free blend of vitamin C, quercetin, nettle root extract, bromelain, and N-acetylcysteine—which have been shown to support healthy sinus, nasal, lung, and respiratory function. These natural ingredients are carefully selected and manufactured with advanced processing technologies to preserve the potency and stability of delicate components, such as bromelain that may also help support healthy eicosanoid synthesis. Healthy sinus and lung support.</p>
Tribulus Synergy®	<p>A Proprietary Herbal Extract Blend of: Tribulus Fruit 7:1 Extract (<i>Tribulus terrestris</i>) [containing saponins], Ashwagandha Root 5:1 Extract (<i>Withania somnifera</i>) [containing withanolides], Cowage Seed Extract (<i>Mucuna pruriens</i>) [containing naturally</p>	<p><b>New and improved Tribulus Synergy®</b> provides premium Ayurvedic herbal support for healthy male sexual function, vitality, enhanced stamina, and general strengthening—all in one formula. Male response formula.</p>

	occurring levodopa], Shatavari Root 4:1 Extract ( <i>Asparagus racemosus</i> ) [containing saponins]	
Serenagen™	A 4:1† proprietary herbal extract blend of: Rehmannia Root ( <i>Rehmannia glutinosa</i> ), Schisandra Fruit ( <i>Schisandra chinensis</i> ), Jujube Fruit ( <i>Zizyphus spinosa</i> ), Dong Quai Root ( <i>Angelica sinensis</i> ), Chinese Asparagus Root ( <i>Asparagus cochinchinensis</i> ), Ophiopogon Root ( <i>Ophiopogon japonicus</i> ), Scrophularia Root ( <i>Scrophularia ningpoensis</i> ), Asian Ginseng Root ( <i>Panax ginseng</i> ), Chinese Salvia Root ( <i>Salvia miltiorrhiza</i> ), Poria Fungus ( <i>Wolfiporia cocos</i> ), Polygala Root ( <i>Polygala tenuifolia</i> ), Platycodon Root ( <i>Platycodon grandiflorum</i> )	<b>Serenagen™</b> is a classic Chinese herbal stress formula traditionally used to promote a sense of inner calm. Stress management formula.
Fem EstroPlex®	Vitamin C (as ascorbic acid), Vitamin E (as d-alpha tocopheryl succinate), Vitamin B6 (as pyridoxine hydrochloride), Pantothenic Acid (as d-calcium pantothenate), Rutin, A proprietary herbal extract blend of: Dandelion Root 4.5:1 Extract ( <i>Taraxacum officinale</i> ), Chasteberry Fruit Extract ( <i>Vitex agnus-castus</i> ), Valerian Root Extract ( <i>Valeriana officinalis</i> ), Motherwort Aerial Parts 6.5:1 Extract ( <i>Leonurus cardiaca</i> ), Nettle Root 10:1 Extract ( <i>Urtica</i>	<b>Fem EstroPlex®</b> provides nourishment for the menopausal woman. The formula features traditional herbal extracts and the antioxidant vitamins C and E to support balance during menopause and help maintain cardiovascular health. Some unique features include: <ul style="list-style-type: none"> <li>• Nutrients that support the adrenal glands' adaptive response.</li> <li>• Cardiovascular support from vitamin E.</li> <li>• The peaceful</li> </ul>

	<i>dioica)</i>	influence of valerian, motherwort, and vitamin B6. Natural menopause support.
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**THE UNDERSIGNED CERTIFIES THAT THE INFORMATION CONTAINED IN THIS NOTICE IS COMPLETE AND ACCURATE AND THAT METAGENICS, INC. HAS SUBSTANTIATION THAT THE STATEMENTS CONTAINED HEREIN ARE TRUTHFUL AND NOT MISLEADING.**

Date 4-15-04

**Metagenics, Inc.**

BY:   
**Susan Y. Campbell**  
**General Counsel**