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APR 21 P 3:30

NOTICE

This notice is being given in a timely manner pursuant to Section 6 of the DSHEA of 1994 concerning the following product: Nature's Secret AM/PM Ultimate Cleanse (which consists of one unit of Multi-Fiber and one unit of Multi-Herb). 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. Multi-Herb and Multi-Fiber were designed to be taken together in the morning and evening as a complete internal cleanser.
2. Start gradually, as Multi-Fiber contains cascara sagrada bark, a natural herbal bowel stimulant.
3. Take only as much product as is needed to achieve 2-3 good bowel movements per day.

4Health, Inc.

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Date: April 19 1996

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