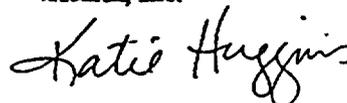


NOTICE

This notice is being given pursuant to Section 6 of the DSHEA of 1994, concerning the following product: MorningMulti. 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. MorningMulti includes the necessary ingredients that give you energy to get through the day.
2. These nutrients in MorningMulti have been split from the nutrients in EveningMulti to specifically support your body's daytime energy cycle:
 - Superior B vitamin profile to help you metabolize your food properly and support your energy cycle.
 - Siberian Ginseng and chromium to support daytime energy
3. Take MorningMulti every day for energy.

4Health, Inc.



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Date: June 4, 1996

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