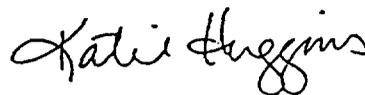


NOTICE

This notice is being given pursuant to Section 6 of the DSHEA of 1994, concerning the following product: EveningMulti Plus. 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. All the essential minerals plus nutrients you need for nighttime rest, rebuilding and relaxation.
2. EveningMulti Plus supports your evening need for rest and relaxation with a high profile of minerals, vitamins, enzymes, superfoods, amino acids, & herbs. Now you can rest more easily knowing these ingredients are working together to support nighttime rest and rebuilding. And you can wake up feeling great.
 - Calcium and other minerals for relaxation, and for building bones, teeth, hair, & nails.
 - Amino acids for rest, relaxation & rejuvenation
 - Relaxing herbs: chamomile, passion flower, scullcap, valerian, hops
3. Take EveningMulti Plus every night for rest, relaxation and rejuvenation.

4Health, Inc.



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

Date: June 4, 1996

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