



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:

METAGENICS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Ultra Parex	Wormwood Whole Plant Extract, Ginger Root & Rhizome Extract, A 5:1 herbal decoction of Sour Plum Fruit	Ultra Parex is a powerful combination of herbs traditionally used to support a healthy intestinal microbial environment while harmonizing stomach, gallbladder and intestinal function.
Cenitol	Magnesium (as magnesium glycinate), Inositol (as myo-inositol), Citric Acid	Cenitol supports healthy overall nervous system function by featuring inositol, an important naturally occurring component of cell membranes. Inositol plays a major role in cell signaling by functioning as a precursor of an intracellular second messenger system. This system is responsible for regulating a large number of key cellular processes in the body, especially in the brain. For example, receptors linked to the inositol signaling system include serotonin and norepinephrine. Therefore, maintaining the integrity of the inositol

		<p>second messenger system is vital for supporting healthy brain function and mood.</p> <p>Cenitol also supplies magnesium in the form of a fully reacted amino acid chelate for enhanced nervous system support.</p>
BCAA 1000	Vitamin B6, Calcium, L-Leucine, L-Isoleucine, L-Valine	Unipro's BCAA 1000 supplies branched-chain amino acids which may support anabolic and anti-catabolic mechanisms during and after exercise.
Neurosol	Vitamin A (as beta-carotene), Vitamin C (as Ultra Potent C) Niacin (as niacinamide ascorbate), Vitamin B12 (from methylcobalamin), Gamma-Linoleic Acid (GLA) (from borage seed oil), Intrinsic Factor (porcine)	Neurosol is a unique combination of nutrients that directly supports healthy nerve tissue integrity, nutritive blood flow, and nerve conduction. This comprehensive, all-in-one formula features the conditionally essential fatty acid GLA, a necessary precursor to prostanoids that promote nerve blood flow and build neuronal membranes. Vitamin C not only synergistically enhances the benefits of GLA, but also protects delicate nerve tissue from oxidation. Select B vitamins, including methylcobalamin-an active coenzyme form of vitamin B12 used by the body-support healthy methylation and homocysteine metabolism for optimal peripheral nervous system function.
Thyrosol	Vitamin A (as retinyl palmitate), Vitamin D (as cholecalciferol), Vitamin E	Thyrosol supports healthy thyroid function by featuring targeted nutrients

	(as d-alpha tocopheryl acetate), Riboflavin, Niacin (as niacinamide), Iodine, Zinc (as zinc glycinate), Selenium (as selenomethionine), Bladderwrack Whole Plant Powder, Rosemary Leaf Extract	and herbs that support healthy thyroid hormone synthesis, promote the conversion of thyroxine (T4) to the more bioactive triiodothyronine (T3), and enhance nuclear binding and genetic expression of T3.
Endefen	Vitamin C (as calcium ascorbate), Calcium (as calcium ascorbate), Arabinogalactans, Soy Lecithin, Phosphatides, Green Tea Leaf Extract (<i>Camellia Sinensis</i>), Cinnamon Bark (<i>Cinnamomum burmanil</i>), Plantain Fruit (<i>Musa paradisiacal</i>), Apple Fruit Powder, Astaxanthin, D-Mannose, D-Xylitol	<p>Endefen promotes optimal gastric health and bacterial balance by providing a unique blend of selected nutrients and herbs that address multiple dimensions of gastrointestinal health:</p> <p>Arabinogalactans selectively promote healthy flora (<i>Bifidobacteria</i> and <i>Lactobacillus</i>) and support immune system function.</p> <p>Plantain with mannose-binding lectins induces gastric mucous secretion and stimulates the growth of gastric mucosal cells.</p> <p>Phosphatidylcholine (lecithin) provides protection for the gastric mucosa.</p> <p>Green tea extract, astaxanthin, cinnamon, and vitamin C work together to provide targeted antioxidant protection to the gastric mucosa, promote bacterial balance in the gastrointestinal tract, and maintain a healthy gastrointestinal environment.</p>
Cholarest	Policosanol (as Apisol)	Cholarest features

		policosanol, an exciting natural compound purified from honeybee wax that promotes healthy blood lipid levels. Policosanol also has beneficial effects on blood vessel function, which makes Cholarest an excellent formula for supporting overall cardiovascular health
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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 February 26, 2002

Metagenics, Inc.

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