Notice is hereby given pursuant to the requirements of section 403(r)(6)(21 U STAN MAR - 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 myoinositol), 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

second messenger system is vital for supporting healthy brain function and mood. Cenitol also supplies magnesium in the form of a fully reacted amino acid chelate for enhanced nervous system support. Vitamin B6, Calcium, L-Leucine, L-Ivaline Neurosol Vitamin A (as betacarotene), Vitamin C (as Ultra Potent C) Niacin (as niacinamide assorbate), Vitamin B12 (from methylcobalamin), Gamma-Linoleic Acid (GLA) (from borage seed oil), Intrinsic Factor (porcine) Factor (porcine) Second messenger system is vital for supporting healthy brain function and mervous system support. Unipro's BCAA 1000 supplies branched-chain amino acids which may support anabolic and anticatabolic mechanisms during and after exercise. 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 vitamin E Vitamin A (as retinyl palmitate), Vitamin D (as cholecalciferol), Vitamin E			
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palmitate), Vitamin D (as thyroid function by	Thyrogal		
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		palmitate), Vitamin D (as	thyroid function by
		cholecalciferol), Vitamin E	

	(a-d-1-1-	
	(as d-alpha tocopheryl	and herbs that support
	acetate), Riboflavin, Niacin	healthy thyroid hormone
	(as niacinamide), Iodine,	synthesis, promote the
	Zinc (as zinc glycinate),	conversion of thyroxine
	Selenium (as	(T4) to the more bioactive
	selenomethionine),	triiodothyronine (T3), and
	Bladderwrack Whole Plant	enhance nuclear binding
	Powder, Rosemary Leaf	and genetic expression of
	Extract	T3.
Endefen	Vitamin C (as calcium	Endefen promotes optimal
	ascorbate), Calcium (as	gastric health and bacterial
	calcium ascorbate),	balance by providing a
	Arabinogalactans, Soy	unique blend of selected
	Lecithin, Phosphatides,	nutrients and herbs that
	Green Tea Leaf Extract	address multiple dimensions
	(Camellia Sinensis),	of gastrointestinal health:
	Cinnamon Bark	of gustronicestinal health.
	(Cinnamomum burmanil),	Arabinogalactans
	Plantain Fruit (Musa	
	paradisiacal), Apple Fruit	selectively promote healthy
	Powder, Astaxanthin, D-	flora (Bifidobacteria and
	Mannose, D-Xylitol	Lactobacillus) and support
	Waimose, D-Xyiitoi	immune system function.
		Plantain with mannose-
		binding lectins induces
		gastric mucous secretion
		and stimulates the growth of
		gastric mucosal cells.
		Phosphatidylcholine
		(lecithin) provides
		protection for the gastric
		mucosa.
		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.
Cholarest	Policosanol (as Apisol)	Cholarest features
	(## 1.pibot)	Cholarest leatures

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

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.

Kim Krumhar, Ph.D.

Its Director of Research and Development