



EXEMPTION NUMBER
82-4485

CHAMPION NATURAL HEALTH.COM INC.
7 Bishop Avenue
Suite 404
Toronto, Ontario
M2M 4J4
(416) 250-6699
FAX(416) 250-7726

DELIVERED BY FAX 1-202-942-9624

August 5, 2004

Mr. Elliott Staffin Esq.
Office of International Corporate Finance
Mail Stop 3-2
U.S. Securities and Exchange Commission
450 5th Street, N.W.
Washington, D.C.
U.S.A. 20549

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2004 AUG -9 A 7:08
OFFICE OF INTERNATIONAL
CORPORATE FINANCE

SUPPL

Re: Rule 12g3-2(b)
ISSUER: CHAMPION NATURAL HEALTH.COM INC. ("CHAMPION")
EXEMPTION NO. 82-4485

Champion Natural Health.com Inc. ("Champion")
Filing of attached Notification of Meeting and Record Date

Dear Sir:

Please find enclosed a copy of Champion's July 13, 2004 Notification of Meeting and Record Date.

These documents are being filed with the SEC to maintain Champion's status as an exempt company on your 12g3-2(b) exempt company list.

Please call if you have any questions.

Yours truly
Champion Natural Health.com Inc.


Larry Melnick
President

PROCESSED

AUG 09 2004

THOMSON
FINANCIAL



EXEMPTION NUMBER
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Notice of Record & Meeting Dates

New ☒ Change ☐
(Print Clearly)

Issuer Name (Maximum 30 characters for publication purposes)

English KHAMPAILOM NATURAL HEALTH-ICM INC.

French

Address 7 BISHOP AVENUE
SUITE 404
TORONTO, ONTARIO M2M 4J4

Contact Name:

ANDY MELNICK

Telephone:

416 250 6689 FAX 416 250-7726

Transfer Agent:

Firm:

T887

Name:

EQUITY MANAGER SERVICES INC.

Address: 120 ADELAIDE ST WEST
SUITE 420
TORONTO, ONTARIO M5H 4C3

Contact:

MS. ROSA VIEIRA

Telephone:

416-361-0930
CAX 416-361-0470

Proxy Type

☒ Management☐ Dissenting

Meeting Type

☒ Annual☐ General☒ Special☐ Extra☐ Extraordinary

Record Date:

04/08/20

YY MM DD

Meeting Date:

04/09/28

YY MM DD

Material Mail Date:

04/08/24

YY MM DD

of Publication 993-61-9951 enclosed (\$55 for first publication
\$20 for subsequent publication)

Eligible Issues For Proxy

Cusip #/ISIN

158546 - 10 - 11

Security Description

SUBORDINATE DEBT SECURITIES

Please send search list of participants via:

☐ Mail☐ Courier (Collect)☒ SSS Envelope System

to the following as soon as possible

☐ Transfer Agent☐ Issuer☐ Other

Early Search

Nominee Register

☐ Please send me a copy

Proxy Related Material

All Proxy-Related Material will be distributed by:

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Record Date List and Omnibus Proxy

Please forward Record Date List and Omnibus Proxy via:

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Prepared By:

☐ Issuer☐ Transfer Agent☐ Third Party

PRESIDENT

Title

Signature

JULY 13, 2004

Date