



DISCLOSURE NOTICE

Disclosure of Directors and Officers Relevant Interests

(Section 19T, Securities Markets Act 1988)

A. Disclosure obligation (tick box to note which disclosure obligation applies)

Initial disclosure (complete Parts A, B, C, D, F, and G of this notice)
Ongoing disclosure (complete Parts A, B, C, E, F and G of this notice)

B. Preliminary

1. Name	Gavin Noel Aleksich
2. NZX company code of issuer	NZMETE0001S2
Name of issuer	Mettlifecare Limited
3. Name of related body corporate (if applicable)	-
4. Position you hold in the issuer	Chief Executive Officer
5. Date of this disclosure notice	07-Mar-05

C. Nature of relevant interest

6. Name of registered holder(s) of security (as required by regulation 6A(b) or regulation 7(b))	Gavin Noel Aleksich
7. Class and type of security (as required by regulation 6B or regulation 8)	Ordinary Shares
8. Nature of relevant interest in security (as required by regulation 6A (a) or regulation 7(a))	Beneficial interest

D. Date (for initial disclosure)

9. Date of disclosure obligation (as required by regulation 6C)	-
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E. Transaction (for ongoing disclosure)

10. Date of last disclosure (as required by regulation 13)	3 May 2004
11. Date(s) of acquisition(s) or disposal(s) (as required by regulation 9)	4 March 2005 acquisition
12. Number of transactions (as required by regulation 12(2), if applicable)	One
13. Nature or type of transaction (as required by regulation 11(1)(a))	Issue of ordinary shares upon exercise of share options
14. Consideration (as required by regulation 10)	\$584,000 (400,000 @ \$1.20 each, 100,000 @ \$1.04 each)
15. Number of securities held prior, set out by class and type (as required by regulation 8)	(i) 500,000 share options; (ii) 100,000 ordinary shares
16. Number of securities subject to acquisition or disposal (as required by regulation 11(1)(b))	500,000 ordinary shares

F. Extent of relevant interest

17. Number of securities held now, set out by class and type (as required by regulation 6B or regulation 8)	600,000 ordinary shares
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Signature (as required by regulation 14)

