## Edgar Filing: VITACUBE SYSTEMS HOLDINGS INC - Form 4

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VITACUBE SYS Form 4 July 14, 2006	TEMS HOI	LDINGS I	INC							
FORM 4									PPROVA	۹L
		STATES		RITIES A			E COMMISSION	N OMB Number:	3235	-0287
Check this box if no longer subject to Section 16. Form 4 or	F CHAN	NGES IN SECUI	Estimated burden hou	Expires: January 31, 2005 Estimated average burden hours per response 0.5						
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940										
(Print or Type Respon	nses)									
CDEENIDEDC CANEODD D				2. Issuer Name <b>and</b> Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer			
		VITACUBE SYSTEMS HOLDINGS INC [PRH]				(Check all applicable)				
(Last) (First) (Middle) 3. Date of Earlie (Month/Day/Yea 480 SOUTH HOLLY STREET 07/10/2006			Day/Year)	ransaction Director X 10% Owner Officer (give title Other (specify below) below)						
(Street) 4. If Ame Filed(Mo			iled(Month/Day/Year) Applicable Line) _X_Form filed by (			oint/Group Filing(Check One Reporting Person More than One Reporting				
DENVER, CO 8	0246						Person	whole than one R	epotting	
(City) (	State)	(Zip)	Tab	le I - Non-l	Derivativ	e Securities A	Acquired, Disposed of	of, or Beneficia	lly Owne	d
	unsaction Date th/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8) Code V	Disposed (Instr. 3,	(A) or d of (D) 4 and 5) (A) or	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature Indirect Beneficia Ownersh (Instr. 4)	al iip
Reminder: Report on	a separate line	for each cl	ass of sect	urities bene	Pers infor requ	ons who res mation con red to resp ays a curre	or indirectly. spond to the colle tained in this form ond unless the for ntly valid OMB co	are not rm	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	ĺ	Acquired (A Disposed of (Instr. 3, 4, 5)	f (D)				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Options to Purchase Common Stock	\$ 0.65	07/10/2006		A		150,000		05/27/2007	05/27/2011	Common Stock	150,00

## **Reporting Owners**

Person

Reporting Owner Name / Addres	s	Relationships							
	Director	10% Owner	Officer	Other					
GREENBERG SANFORD D 480 SOUTH HOLLY STREE DENVER, CO 80246	Т	Х							
Signatures									
/s/ Sanford D Greenberg 0	)7/14/2006								
<u>**</u> Signature of Reporting	Date								

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.