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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **FOLATE (VITAMIN B-9)**
Pursuant to 21 CFR Part 101.93, American Specialty Health &
Wellness (ASHW) files the following Statement of Nutritional
Support for the Dietary Supplement marketed as:**FOLATE (VITAMIN B-
9)**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:

"Vitamin B-9, also known as folate, or folic acid, helps the body
make DNA and RNA, two molecules which are the basis for cellular
reproduction. It has been demonstrated that consuming 400
micrograms(mcg) of folic acid will help prevent neural tube birth
defects in women of childbearing age. Vitamin B-9 also helps
support healthy blood cell production."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **FOLATE (VITAMIN B-9)**

5) Substantiation information on file at the company office. The
corporate officer who can certify same is Dr. Doug Metz, Vice
President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

97S-0162

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Folate (Vitamin B-9)

Description:

Vitamin B-9, also known as folate, or folic acid, helps the body make DNA and RNA, two molecules which are the basis for cellular reproduction. It has been demonstrated that consuming 400 micrograms (mcg) of folic acid will help prevent neural tube birth defects in women of childbearing age. Vitamin B-9 also helps support healthy red blood cell production.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Directions For Use: Take 1 capsule per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Long term mega-doses may cause formation of folacin crystals in the kidney.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

FOLATE (VITAMIN B-9) DIETARY SUPPLEMENT

100 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 100

	Amount Per Serving:	%Daily Value
Folate (Vitamin B-9)	800mcg	200%

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

Folate (Vitamin B-9) is free of wheat, corn, dairy, sucrose, starch, salt and yeast.