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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- **SIBERIAN GINSENG EXTRACT**
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: **SIBERIAN GINSENG
EXTRACT**

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:

"Ginseng is used to strengthen the immune system, increase blood
circulation, and relieve the effects of stress and fatigue. In
eastern medicine it is often used as a general tonic to increase
energy."

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

4) Brand Name: **SIBERIAN GINSENG EXTRACT**

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

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Siberian Ginseng Extract

Description:

Ginseng is used to strengthen the immune system, increase blood circulation, and relieve the effects of stress and fatigue. In eastern medicine it is often used as a general tonic to increase energy.

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 2 times 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. If you have elevated blood pressure or hypertension, do not use this product without first consulting your physician.

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

SIBERIAN GINSENG EXTRACT

DIETARY SUPPLEMENT

60 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 60

Amount Per Serving: % Daily Value

Siberian ginseng extract (Eleutherococcus
senticosus root, std 0.8% ginsenosides) 450mg

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

*Daily Value not established.

Siberian Ginseng Extract is free of wheat, corn, soy, dairy,
sucrose, starch, salt and yeast.