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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- **SAW PALMETTO 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: **SAW PALMETTO  
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:  
"Extract from the berry of the saw palmetto plant is useful in  
the support of a healthy male reproductive and urinary system."

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

4) Brand Name: **SAW PALMETTO 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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# Saw Palmetto Extract

## Description:

Extract from the berry of the saw palmetto plant is useful in the support of a healthy male reproductive and urinary system.

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. This herb has no known effect against prostate cancer. Men who have urological symptoms such as urine retention, dribbling or blood in the urine should consult a physician at once.

**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

# SAW PALMETTO EXTRACT

DIETARY SUPPLEMENT

100 CAPSULES

*Premium Products for Your Health & Wellness™*

prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™  
PO BOX 509040, SAN DIEGO, CA 92150-90400

### Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 100

Amount Per Serving: % Daily Value

Saw palmetto extract (*Serenoa repens*  
fruit, std 25% liposterolics) 160mg

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

\*Daily Value not established.