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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- **VITAMIN B-12 (CYANOCOBALAMIN)**
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: **VITAMIN B-12**
(CYANOCOBALAMIN)

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-12 also known as cyanocobalamin, works closely with
folic acid. Vitamin B-12 helps the body release energy from food
and supports a healthy nervous system, red blood cell production
and healthy growth and development."

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

4) Brand Name: **VITAMIN B-12 (CYANOCOBALAMIN)**

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 black ink, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

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Vitamin B-12

(Cyanocobalamin)

Description:

Vitamin B-12, also known as cyanocobalamin, works closely with folic acid. Vitamin B-12 helps the body release energy from food, and supports a healthy nervous system, red blood cell production and healthy growth and development.

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.

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

VITAMIN B-12

(CYANOCOBALAMIN)

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
Vitamin B-12 (as cyanocobalamin)	500mcg	8,333%

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

Vitamin B-12 is free of wheat, corn, dairy, sucrose, starch, salt and yeast.