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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- WOMEN'S AM FORMULA OVER 40
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:
WOMEN'S AM FORMULA OVER 40

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:

"Men's and women's AM-PM formulas contain a blend of vitamins,
minerals, and herbs specifically formulated to work with your
body's natural daily rhythms, so that nutrients are available when
the body needs them most."

3) Name of dietary ingredient: See Attached Product Label

4) Brand Name: Women's AM Formula Over 40

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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WOMEN'S AM FORMULA Over 40

Convenient Morning Supplement for Women

Dietary Supplement 180 Tablets (60 Packets)



WOMEN'S AM FORMULA - Over 40 is free of wheat, corn, dairy, sucrose, starch, salt and yeast.

CAUTION/WARNING: This product contains iron and should not be provided to a child under any circumstance without consulting a physician. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

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

DIRECTIONS FOR USE: As a dietary supplement, take one packet (3 tablets) with breakfast and one packet at lunch, or take two packets at breakfast.

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

S U P P L E M E N T F A C T S

Serving size: 2 packets (six tablets) Servings per container: 30

Six Tablets Provide:	Amt/Serving	% Daily Value
Vitamin A (as palmitate)	2500 IU	50%
Vitamin C (as ascorbic acid 100 mg, calcium ascorbate 100 mg, magnesium 100 mg, palmitate 25 mg, potassium 50 mg, sodium 25 mg)	400 mg	667%
Calcium (as amino chelate 100 mg and calcium Citrimal 100 mg)	200 mg	20%
Iron (as Ferrochel® amino chelate)	4.5 mg	25%
Vitamin D	400 mg	100%
Vitamin E (as d alpha tocopherol succinate)	400 IU	1333%
Thiamin (as cocarboxylase, 2.5 mg and mononitrate, 100 mg)	102.5 mg	6833%
Riboflavin (as riboflavin, 50 mg and riboflavin 5 phosphate, 2.5 mg)	52.5 mg	3088%
Niacin (as niacin, 20 mg and niacinamide, 125 mg)	145 mg	725%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12	500 mcg	8333%
Biotin	200 mcg	67%
Pantothenic acid	250 mg	2500%
Magnesium (as amino chelate buffered)	50 mg	13%
Manganese (as manganese Chelazome® amino chelate)	1 mg	50%
Chromium (as chromium Chelavite® amino chelate)	100 mcg	83%
Molybdenum (as amino chelate)	75 mcg	100%
Alpha ketoglutaric acid	62.5 mg	*
Bacopa extract (Bacopa monniera leaf, std 20% bacosides)	50 mg	*
Calcium d-saccharate	75 mg	*
Calcium pyruvate	50 mg	*
Choline bitartrate	100 mg	*
Citrus bioflavonoid complex	125 mg	*
Coenzyme Q10	20 mg	*
DHEA	15 mg	*
DMAE bitartrate	75 mg	*
Fruit phytonutrient complex (cranberry, grapefruit fiber, apple pectin, psyllium husk, oat bran, guar gum, barley bran, papaya, and pineapple stem)	250 mg	*
Ginger extract (Zingiber officinale root, 4:1)	200 mg	*
Ginkgo extract (Ginkgo biloba leaf, std 24% flavones, 6% terpene lactones)	40 mg	*
Green tea extract (Camellia sinensis leaf, std 90% gynnemic acids)	50 mg	*
Hawthorn berry extract (Crataegus cuneata fruit, 4:1)	35 mg	*
Herbal extracts of Angelica (Angelica sinensis root), Ho-Shou-Wu (Polygonum multiflorum root) and Siberian ginseng (Eleutherococci senticosus root)	1500 mg	*
Inositol	100 mg	*
Ipraflavone	30 mg	*
L-Carnitine	25 mg	*
L-Taurine	250 mg	*
PABA	150 mg	*
Pyridoxal 5-phosphate	25 mg	*
Soy isoflavones	50 mg	*

* Daily Value not established

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

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Botanical Sciences' Women's AM Formulas were specifically developed to work with your body's natural daily rhythms, maximizing the efficiency of your body's metabolism and meeting the needs of your body at the end of the day. The Women's AM Formulas include a unique combination of vitamins, minerals, antioxidants, phytonutrients, botanical extracts and amino acids to support energy production, immune system protection, and enzyme function. All ingredients in the Women's AM Formulas have been carefully selected for their purity, potency and effective interaction with other nutrients.

The Botanical Sciences name is your assurance of the finest in dietary supplements. Botanical Sciences is committed to upholding the highest standards in premium dietary supplements and providing you with a quality, safe and effective product. Through continuous quality control, Botanical Sciences products are carefully monitored at every stage of production, bringing you the highest quality nutritional supplements.

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.



AM-PM Formulas

Men's and women's AM-PM formulas contain a blend of vitamins, minerals and herbs specifically formulated to work with your body's natural daily rhythms, so that nutrients are available when the body needs them most.