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9/29/99

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

Statement of Nutritional Support – MILK THISTLE EXTRACT

Pursuant to 21 CFR Part 101.93, American Specialty Health and Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as MILK THISTLE EXTRACT

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Drive, Suite 250, San Diego, CA 92108.
- 2) Text of Nutritional Support Statement being made:
"Milk Thistle, also known as wild artichoke, contains silymarin and silibinin which are both antioxidants and help support healthy liver function."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: MILK THISTLE EXTRACT
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

Yours truly,

Dr. Doug Metz
Sr. Vice President

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Directions For Use: Take 1 capsule, 3 times daily with water at mealtimes.

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

www.buyhealthy.com

1999 R/O

Item # 40154

MILK THISTLE 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
Blessed thistle (Cnicus benedictus stem, leaf, flower)	180 mg.	*
Milk thistle, dried extract (Silybum marianum seed, 80% silymarin)	175 mg.	*

*Daily Value not established.

Other Ingredients: Millet, Gelatin.

Double safety sealed with a printed outer shrink-wrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing.