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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 – CARDIO FORMULA

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 CARDIO FORMULA

- 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:  
"Cardio Formula provides a rich source of cardiovascular supportive nutrients including vitamins, minerals, and herbs. Cardio Formula is designed to help combat the ill effects of today's stressful lifestyle by protecting the cardiac system and providing nutrients to support cardiac function and healthy cholesterol levels."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: CARDIO FORMULA
- 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,

A handwritten signature in black ink, appearing to read "Doug Metz".

Dr. Doug Metz  
Sr. Vice President

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Directions For Use: Take 2 capsules twice daily, preferably with food.

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 consulting your physician first.

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 # 40125



# CARDIO FORMULA

DIETARY SUPPLEMENT



60 CAPSULES

Premium Products for Your Health & Wellness

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving:	%Daily Value
Total Carbohydrate	1 g.	< 1%†
Vitamin E (as d-alpha tocopheryl)	50 IU	167%
Niacin (as nicotinic acid)	20 mg.	100%
Vitamin B-6 (as pyridoxine HCl)	50 mg.	2500%
Folic acid	300 mcg.	75%
Vitamin B-12 (as cyanocobalamin)	400 mcg.	6667%
Potassium (as potassium chloride)	20 mg.	1%
Hawthorn, dried extract (Crataegus oxyacantha, top branches with flowers)	350 mg.	*
Siberian ginseng (Eleutherococcus senticosus root)	250 mg.	*
Betaine	200 mg.	*
Reishi Mushroom, dried extract (Ganoderma lucidum whole fruiting body, 10% Polysaccharides)	25 mg.	*
Coenzyme Q10 (ubiquinone)	15 mg.	*

\*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin, Millet, Magnesium stearate.

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.