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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 C ESTER-C**
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 C ESTER-C**

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 C, also known as ascorbic acid, is an antioxidant that is required for proper tissue growth and maintenance and adrenal gland function. Ester C has naturally bonded minerals that help the body absorb the Vitamin C more quickly. Vitamin C supports a healthy immune system, protects against bruising, and assists in blood clotting, tissue formation and the healing of wounds. Chewable C should be taken with food and chewed well, for best absorption."

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

4) Brand Name: **VITAMIN C ESTER-C**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

Dr. Doug Metz
Vice President

Also see docket 97S-0163

Ester Vitamin C

(Ascorbic Acid, Polyascorbate)

Description:

Vitamin C, also known as ascorbic acid, is an antioxidant that is required for proper tissue growth and maintenance and adrenal gland function. Ester C has naturally bonded minerals that help the body absorb the vitamin C more quickly. Vitamin C supports a healthy immune system, protects against bruising, and assists in blood clotting, tissue formation and the healing of wounds.

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 tablet 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 provide it to a child without consulting a physician. Mega-doses can cause diarrhea and skin rashes, and long term mega-doses can cause oxalate and uric acid stone formation.

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 C

ESTER-C®

DIETARY SUPPLEMENT

100 TABLETS

Premium Products for Your Health & Wellness™

Supplement Facts
Serving Size: 1 Tablet – Servings Per Container:

	Amount Per Serving	%
Vitamin C (as Ester-C® calcium)	500mg	
Citrus bioflavonoids (citrus rind, std 35% bioflavonoids)	200mg	

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

*Daily Value not established

Vitamin C Ester-C is free of wheat, corn, dairy, sucrose, salt and yeast.

® and Ester-C™ are licensed trademarks of Inter-C. Manufactured under U.S. Patent No. 4,822,816. Other patents pending.