



RECEIVED
19 29 99

0705 11 07 99 P200

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 – KAVA KAVA

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 KAVA KAVA

- 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:
"Kava Kava is a Polynesian herb which is a member of the pepper family. Kava is prepared into a ceremonial drink in Fiji and other Pacific Islands. Kava root is used for its relaxing and calming effects."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: KAVA KAVA
- 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

97S - 0162

67387
LET 4454



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. Consult a healthcare professional before taking this product if you are pregnant, nursing a baby or taking any prescription medications. This product should not be taken with any alcoholic beverages, barbiturates or antidepressants. Excessive consumption may impair one's ability to drive or operate heavy equipment. Some states will prosecute individuals for using kava kava in connection with the operation of a motor vehicle or equipment as driving/operating with ability impaired. This product can make you drowsy and induce sleep and relaxation. Do not drive or operate a motor vehicle or machinery while taking kava kava. Not recommended for use by persons under the age of 18.

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

Item # 40152

1999 R/O

KAVA KAVA

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
Passionflower (<i>Passiflora incarnata</i> stem, leaf, flower, fruit)	500 mg.	*
Kava dried extract (<i>Piper methysticum</i> root, rhizome, 30% kavalactones)	350 mg.	*

*Daily Value not established.

Other Ingredients: Gelatin, Millet, Magnesium stearate.

Directions For Use: Take 2 capsules twice daily with water at mealtimes. Do not exceed recommended dosage.

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

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.