

8574, TO 10-1-1 21:49

OCT 27 2003

**NOTIFICATION OF
STRUCTURE AND FUNCTION CLAIMS
DIETARY SUPPLEMENTS**

**TO:
Dockets Management Branch
5630 Fishers Lane -HFA-305
Rockville, MD, 20852**

**From:
LifeSpan Nutrition
457 West Allen Avenue #117
San Dimas, CA 91773
Phone: 909 599-2009
Fax: 909 599-0430**

97S 0162 LET 13236 86343

To the Food & Drug Administration
NOTIFICATION PURSUANT TO
SECTION 6 OF DSFIEA
AND 21 CFR 101.93

OCT 27 2003

This notification is being filed on behalf of **LifeSpan Nutrition**, which is the distributor of the product(s) which bear the statement identified in this notification. Its business address is: 457 West Allen Avenue, Unit 117, San Dimas, CA 91773. This notification is being made pursuant to Section 6 of the DSHEA and 21 CFR 101.93. The dietary supplement products on whose label the statements appear is: **Gall Bladder Support**

A. The text of each structure-function statement for which notification is now being given is:

(Statement) **Gall bladder support**

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1.	Taurine, malic acid, choline, inositol, vitamin C

C The following identifies the brand name of each supplement for which a statement is made: (Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed: *Sept. 19, 2003*

By: *[Signature]*
William Sardi, president

Health at Home[™]

nutrition

Supplement Facts

Serving Size: 5 capsules
Servings per container: 36

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Magnesium as ascorbate 16 mg	4%
Quercetin 500 mg	*
Taurine 1500 mg	*
Malic acid 500 mg	*
Choline 500 mg	*
Inositol 300 mg	*
IP6 rice bran extract 200 mg	*

* Daily value not established

Suggested usage: As a dietary supplement, take five capsules with water or juice daily.



180 VEGETARIAN CAPSULES

*This statement has not been evaluated by the Food & Drug Administration. Not intended to diagnose, treat, prevent or cure any disease.

To the Food & Drug Administration
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SECTION 6 OF DSFIEA AND 21 CFR 101.93

OCT 27 2003

This notification is being filed on behalf of **LifeSpan Nutrition**, which is the distributor of the product(s) which bear the statement identified in this notification. Its business address is: 457 West Allen Avenue, Unit 117, San Dimas, CA 91773. This notification is being made pursuant to Section 6 of the DSHEA and 21 CFR 101.93. The dietary supplement products on whose label the statements appear is: **Ladies Supreme Bladder Health**

A. The text of each structure-function statement for which notification is now being given is:

(Statement) **Healthy bladder tissue**

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	IP6 phytic acid (inositol hexaphosphate) from rice bran, vitamin B12, probiotics (acidophilus) vitamin C

C. The following identifies the brand name of each supplement for which a statement is made: (Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed:

Sept. 19, 2003

By:

William Sardi

William Sardi, president

Supplement Facts

Serving Size 2 capsules
Servings per container 30

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid) 20 mg	200%
Vitamin B12 50 mcg	100%
Quercetin 100 mg	
IP6 (phosphatidyl inositol) 500 mg	
Essential Collagen 1250 mg	
Green tea catechins 100 mg	
Flavonols 100 mg	
Chlorophyll (Chlorella) 50 mg	
Essential amino acids 100 mg	
Mucopolysaccharides 100 mg	

* Daily values not established
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Health at Home
nutrition

Ladies Supreme Bladder Support

Science-based formula designed by Bill Sardi

Dietary Supplement

Suggested usage: As a dietary supplement take two capsules daily.

From time to time the bladder requires nutritional support. This science-based formula provides natural ingredients designed to provide for the special needs of this unique organ.

Mfg. by Future Foods, Inc.
exclusively for
LifeSpan Nutrition Inc.
457 West Allen Avenue #117
San Dimas, CA 91773
(800) 247-5731
www.lifespannutrition.com

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68 VEGETARIAN CAPSULES

To the Food & Drug Administration
NOTIFICATION PURSUANT TO
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OCT 27 2003

This notification is being filed on behalf of LifeSpan Nutrition, which is the distributor of the product(s) which bear the statement identified in this notification. Its business address is: 457 West Allen Avenue, Unit 117, San Dimas, CA 91773. This notification is being made pursuant to Section 6 of the DSHEA and 21 CFR 101.93. The dietary supplement products on whose label the statements appear is: **Nucleotide Immune Support**

A. The text of each structure-function statement for which notification is now being given is:

Statement 1 **Healthy inflammatory response**
Statement 2 **Cellular repair, regeneration**
Statement 3 **Raise immunity**

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	Green tea extract, rosemary, red wine extract, quercetin
2	Nucleotides, folic acid
3	Beta glucan, nucleotides

C. The following identifies the brand name of each supplement for which a statement is made:
(Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed: *Sept. 19, 2003*

By: *[Signature]*
William Sardi, president

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 180 mg	300%
Folic Acid 400 mcg	100%
Vitamin B12 (methylcobalamin) 30 mcg	500%
Magnesium 15 mg	4%
Quercetin 500 mg	*
Green tea leaf extract 50% 60 mg	*
Rosemary leaf extract 50 mg	*
Red wine extract 20 mg	*
Beta glucan 76% 40 mg	*
Nucleotides 250 mg 5 free-form nucleotide blend	*

* Daily Value not established

Health at Home
nutrition

Suggested usage: As a dietary supplement, take two to four capsules with water or meals



60 VEGETARIAN CAPSULES

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To the Food & Drug Administration
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This notification is being filed on behalf of LifeSpan Nutrition, which is the distributor of the product(s) which bear the statement identified in this notification. Its business address is: 457 West Allen Avenue, Unit 117, San Dimas, CA 91773. This notification is being made pursuant to Section 6 of the DSHEA and 21 CFR 101.93. The dietary supplement products on whose label the statements appear is: **Wellness Longevity Formula**

A. The text of each structure-function statement for which notification is now being given is:

Statement 1	Wellness, longevity
Statement 2	Healthy joints
Statement 3	Bone health (hardness)
Statement 4	Hormone maintenance

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	Vitamin C, whole grains
2	Boron
3	Boron, vitamin D
4	Boron

C. The following identifies the brand name of each supplement for which a statement is made:
(Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed: *Sept. 19, 2003*
By: *William Sardi*
William Sardi, president

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OCT 27 2003

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 120 mg	250%
Vitamin O3 200 mcg	100%
Magnesium (as ascorbate) 10 mg	3%
Boron fruit powder 5 mg	
Whole grain blend (barley, flax, wheat germ, rice bran phytic acid) 65 mg	
Vegetable extract blend (broccoli, carrot, kale, spinach, rosemary) 75 mg	
Fruit extract blend (pomegranate, date, fig, grape seed, cherry, watermelon, blueberry, apple peel, red wine) 180 mg	
Bitter spice blend (garlic, hyssop, onion, oregano, olive leaf, aloe vera, nettle leaf) 65 mg	

* Daily value not established

Health at Home[™] nutrition

Suggested Usage: As a dietary supplement, take two capsules daily with a meal.



60 VEGETARIAN CAPSULES

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To the Food & Drug Administration
NOTIFICATION PURSUANT TO
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OCT 27 2003

This notification is being filed on behalf of LifeSpan Nutrition, which is the distributor of the product(s) which bear the statement identified in this notification. Its business address is: 457 West Allen Avenue, Unit 117, San Dimas, CA 91773. This notification is being made pursuant to Section 6 of the DSHEA and 21 CFR 101.93. The dietary supplement products on whose label the statements appear is: **Naturally Healthy Liver Support**

A. The text of each structure-function statement for which notification is now being given is:

Statement 1	Iron chelation (removal) liver cleanse
Statement 2	Protects from liver toxins

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	Phytic acid (IP6 inositol hexaphosphate), milk thistle
2	N-acetyl cysteine

C. The following identifies the brand name of each supplement for which a statement is made:
(Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed:

Sept. 19 2003

By:

William Sardi

William Sardi, president

Supplement Facts

Serving Size: 6 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Thiamine vitamin B1 30 mg	2000%
Calcium from phytate 533 mg	53%
Zinc acetate 10 mg	66%
Magnesium as ascorbate 16 mg	4%
IP6 rice bran extract (calcium phytate) 1600 mg	*
Quercetin 500 mg	*
Choline 500 mg	*
Inositol 200 mg	*
N-acetyl cysteine 200 mg	*
Milk thistle 25 mg	*
Green tea extract (50%) 50 mg	*

Other Ingredients: Plant Cellulose.



Health at Home
nutrition

Naturally Healthy Liver Support

Science-based formula designed by Bill Sardi

180 VEGETARIAN CAPSULES

Suggested usage: As a dietary supplement, take six capsules daily, at one time, with purified or bottled water on an empty stomach.

From time to time the liver needs cleansing and nutritional support. This special formula provides natural ingredients designed to provide for the special needs of this unique organ.

Mfg. by Future Foods, Inc.
exclusively for
LifeSpan Nutrition Inc.
457 West Allen Avenue #117
San Dimas, CA 91773
(800) 247-5731
www.lifespannutrition.com

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dietary supplement

To the Food & Drug Administration
NOTIFICATION PURSUANT TO
SECTION 6 OF DSFIEA AND 21 CFR 101.93

OCT 27 2003

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A. The text of each structure-function statement for which notification is now being given is:

Statement **Supports healthy otological function, healthy hearing**

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	Magnesium, N-acetyl cysteine, ginkgo biloba, vitamin B12

C. The following identifies the brand name of each supplement for which a statement is made: (Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed:

Sed. 19 2003

By:

William Sardi
William Sardi, president

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Vitamin B12 methylcobalamin 200 mcg	3333%
Calcium from phylate 60 mg	6%
Magnesium from ascorbate and citrate 115 mg	29%
Quercetin 100 mg	*
IP6 rice bran extract 200 mg	*
N-acetyl cysteine 250 mg	*
Ginkgo biloba 60 mg	*

* Daily value not established

Health at HomeTM nutrition

Healthy Hearing &
Supports
Healthy
Biological
Function

Low-Dose, High-Potency
Science-based formula designed for...

Suggested usage: As a dietary supplement, take three capsules daily or prior to or following exposure to loud noise.



90 VEGETARIAN CAPSULES

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Health at Home™
nutrition



Quality

Gall Bladder Support
180 capsules

Supplement Facts

Serving Size: 5 capsules
Servings per container: 36

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Magnesium as ascorbate 16 mg	4%
Quercetin 500 mg	*
Taurine 1500 mg	*
Malic acid 500 mg	*
Choline 500 mg	*
Inositol 300 mg	*
IP6 rice bran extract 200 mg	*

* Daily value not established

Other ingredients: Plant cellulose



Naturally Healthy Liver Support
180 capsules

Supplement Facts

Serving Size: 6 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Thiamine vitamin B1 30 mg	2000%
Calcium from phytate 533 mg	53%
Zinc acetate 10 mg	66%
Magnesium as ascorbate 16 mg	4%
IP6 rice bran extract (calcium phytate) 1600 mg	*
Quercetin 500 mg	*
Choline 500 mg	*
Inositol 200 mg	*
N-acetyl cysteine 200 mg	*
Milk thistle 25 mg	*
Green tea extract (50%) 50 mg	*

* Daily value not established

Other ingredients: Plant cellulose



Nucleotide Immune Support
60 Capsules

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 180 mg	300%
Folic Acid 400 mcg	100%
Vitamin B12 (methylcobalamin) 30 mcg	500%
Magnesium 15 mg	4%
Quercetin 500 mg	*
Green tea leaf extract 50% 60 mg	*
Rosemary leaf extract 50 mg	*
Red wine extract 20 mg	*
Beta glucan 76% 40 mg	*
Nucleotides 250 mg 5 free-form nucleotide blend	*

* Daily Value not established

Other ingredients: plant cellulose



Health at Home
nutrition

THE NEW NAME IN
DIETARY SUPPLEMENTS

All Vegetarian Capsules

Science Based Formula

By Bill Sardi

Healthy Hearing
90 Capsules

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 200 mg	333%
Vitamin B12 methylcobalamin 200 mcg	3333%
Calcium from phytate 60 mg	6%
Magnesium from ascorbate and citrate 115 mg	29%
Quercetin 100 mg	*
IP6 rice bran extract 200 mg	*
N-acetyl cysteine 250 mg	*
Ginkgo biloba 60 mg	*

* Daily value not established

Other ingredients: Plant cellulose



Normo-Tense™
90 Capsules

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 500 mg	833%
Vitamin D3 400 IU 10 mcg	100%
Vitamin B6 pyridoxine 200 mg	1000%
Vitamin B12 methylcobalamin 30 mcg	500%
Folic acid 400 mcg	100%
Calcium from phytate 120 mg	12%
Magnesium from ascorbate 20 mg	33%
Potassium 99 mg	2.8%
Quercetin 200 mg	*
IP6 rice bran extract (calcium phytate) 400 mg	*
Taurine 250 mg	*

* Daily Value not established

Other ingredients: Plant cellulose



Normotrol™
90 Capsules

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Calcium from IP6 phytate 120 mg	12%
Magnesium citrate 160 mg (elemental)	40%
Boron 5 mg from fruit powder (Futureceuticals)	*
IP6 rice bran extract 400 mg (Tsuno Foods, Japan)	*
Taurine 800 mg	*
Soy lecithin powder 100 mg	*
Cryzanol 100 mg (Tsuno Foods, Japan)	*
Nutri-Grad™ flaxseed powder 100 mg	*
Coenzyme Q10 30 mg	*

* Daily value not established

Other ingredients: Plant cellulose



Q-sophogus
120 Capsules

Supplement Facts

Serving Size: 2 capsules
Servings per container: 60

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 240 mg	400%
Magnesium from ascorbate 20 mg	33%
Quercetin 1000 mg	*
Fennel seed powder 300 mg	*
Grape seed extract 100 mg	*
Aloe vera powder 100 mg	*
Tapioca powder 100 mg	*

* Daily value not established

Other ingredients: Plant cellulose



Wellness Longevity Formula
60 Capsules

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 120 mg	250%
Vitamin D3 200 mcg	100%
Magnesium (as ascorbate) 10 mg	3%
Boron fruit powder 5 mg	*
Whole grain blend (barley, flax, wheat germ, rice bran phytic acid) 65 mg	*
Vegetable extract blend (broccoli, carrot, kale, spinach, rosemary) 75 mg	*
Fruit extract blend (pomegranate, date, fig, grape seed, cherry, watermelon, blueberry, apple peel, red wine) 180 mg	*
Bitter spice blend (garlic, hyssop, onion, oregano, olive leaf, aloe vera, nettle leaf) 85 mg	*

* Daily value not established

Other ingredients: Plant cellulose



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OCT 27 2003

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A. The text of each structure-function statement for which notification is now being given is:

Statement 1	Absorbs air and gas
Statement 2	Promotes alkalinity
Statement 3	Normalizes histamine

B. The following summary identified the dietary ingredients in the product that affect the structure or function claimed in the label:

Statement number	Identity of dietary ingredient(s)
1	Fennel seed
2	Magnesium
3	Quercetin

C. The following identifies the brand name of each supplement for which a statement is made: (Only if not described in section B)

Statement number	Brand name
Not applicable	Not applicable

I, William Sardi, am authorized to certify this Notification on behalf of LifeSpan Nutrition. I certify that the information presented and contained in this Notification is complete and accurate and that LifeSpan Nutrition, can substantiate that each structure-function statement is truthful and not misleading.

Date signed:

Sept. 19, 2003

By:

William Sardi
William Sardi, president

Supplement Facts

Serving Size: 2 capsules
Servings per container: 60

Amount Per Serving	% Daily Value
Vitamin C (magnesium ascorbate) 240 mg	400%
Magnesium from ascorbate 20 mg	33%
Quercetin 1000 mg	*
Fennel seed powder 300 mg	*
Grape seed extract 100 mg	*
Aloe vera powder 100 mg	*
Tapioca powder 100 mg	*

* Daily value not established

Health at HomeTM

nutrition

Suggested usage: As a dietary supplement, take two capsules as needed.



120 VEGETARIAN CAPSULES

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