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December 10, 1998

Office of Special Nutritional  
HFS-450 Center for Food Safety and Applied Nutrition  
Us. Food and Drug Administration  
200 c St. Sw  
Washington DC 20204

2339 '99 JAN -5 P2:14

Statement of Nutritional Support - VITAMIN C COMPLEX  
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 COMPLEX

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 Complex has been specially formulated to support  
the immune system and to provide antioxidant support for  
the body. The nutrients included in this formula have been  
selected to support healthy physiological processes and  
responses in the human body. Vitamin C also supports the  
membranes of the body."

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

4) Brand Name: VITAMIN C COMPLEX

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

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz  
Vice President

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# Vitamin C Complex

## Description:

Vitamin C Complex has been specially formulated to support the immune system and to provide antioxidant support for the body. The nutrients included in this formula have been selected to support healthy physiological processes and responses in the human body.

Vitamin C also supports the membranes of the body.

# VITAMIN C COMPLEX

DIETARY SUPPLEMENT

100 TABLETS

*Premium Products for Your Health & Wellness™*

**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, 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 a prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™  
PO BOX 509040, SAN DIEGO, CA 92150-9040

## Supplement Facts

Serving Size: 1 Tablet - Servings Per Container: 100

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid, calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate)	500mg	833%
Citrus bioflavonoids (citrus rind, std. 35% bioflavonoids)	100mg	*

Other ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide

\*Daily Value not established

Vitamin-C Complex is free of wheat, corn, claws, sucrose, starch, salt and yeast.