



8864 '98 NOV 24 P2:34

October 30, 1998

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- **EASTERN MORNING BALANCE**
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:**EASTERN MORNING
BALANCE**

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:
"Eastern Evening Balance formula contains a blend of vitamins,
minerals, and herbs formulated to support your body's natural
daily rhythms, providing nutrients that are most supportive of
the body's morning cycle."

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

4) Brand Name: **EASTERN MORNING BALANCE**

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 black ink, appearing to read "Doug Metz", is written over the typed name.

Dr. Doug Metz
Vice President

Eastern Morning Balance

Description:

Eastern Morning Balance formula contains a blend of vitamins, minerals and herbs formulated to support your body's natural daily rhythms, providing nutrients that are most supportive of the body's morning cycle.

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.

A proprietary herbal decoction containing extracts of Hawthorn berry (Crataegus cuneata fruit), Siberian ginseng (Eleutherococcus senticosus root), Epimedium (Epimedium sagittatum aerial parts), and Astragalus (Astragalus membranaceus root) 300mg

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

*Daily Value not established

Eastern Morning Balance is free of wheat, corn, dairy, sucrose, starch, salt and yeast.

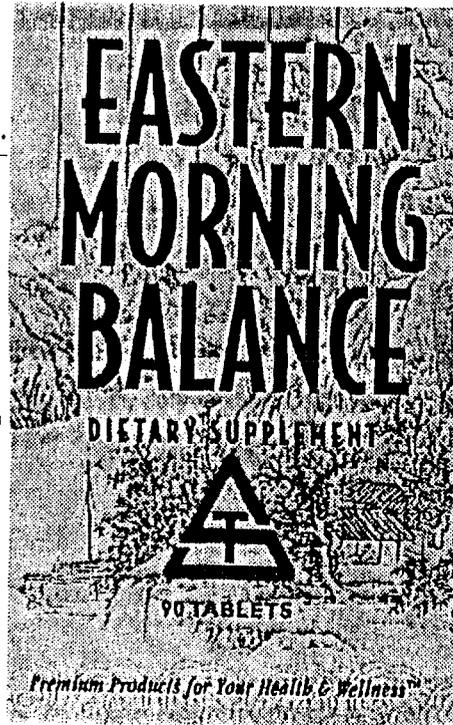
Directions For Use: Take 3 tablets each morning

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

Caution/Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning of children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. 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 or prescription of your physician.

Chelavite® and Ferrochel® are registered trademarks of Albion Laboratories, Inc.
 DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™, PO BOX 509010, SAN DIEGO, CA 92159-9010



Supplement Facts

Serving Size: 3 Tablets – Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid 97%)	100mg	167%
Calcium (as amino chelate)	100mg	10%
Iron (as Ferrochel® amino chelate)	9mg	50%
Vitamin D	100 IU	25%
Vitamin E (as d-alpha tocopherol succinate)	200 IU	666%
Thiamin (as thiamin mononitrate)	10mg	667%
Riboflavin	12mg	706%
Niacin (as niacinamide)	50mg	750%
Vitamin B6	25mg	1250%
Folate (as folic acid)	400mcg	100%
Vitamin B12	500mcg	8333%
Biotin	300mcg	100%
Pantothenic acid	50mg	500%
Magnesium (as amino chelate buffered)	100mg	25%
Chromium (as chromium Chelavite® amino chelate)	200mcg	167%
Molybdenum (as amino chelate)	75mcg	100%
Citrus bioflavonoid complex	50mg	
Green tea extract (Camellia sinensis leaf, std 90% polyphenols)	25mg	
Choline bitartrate	35mg	
Inositol	35mg	
A proprietary preparation containing herbal extracts of Chinese ginseng (Panax ginseng root), Siberian ginseng (Eleutherococcus senticosus root), American ginseng (Panax quinquefolii root), and Salvia (Salvia miltiorrhiza root)	200mg	