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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- **GINGER EXTRACT**  
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:**GINGER EXTRACT**

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:  
"Ginger has been used for centuries as both a spice and medicinal herb. It has been found to be useful in supporting healthy digestion."

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

4) Brand Name: **GINGER EXTRACT**

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 that reads "Doug Metz".

Dr. Doug Metz  
Vice President

97S-0162

8989 Rio San Diego Dr., Suite 250, San Diego, CA 92108 • Phone 619/297-8100 • Fax 619/209-6236

LET2461

# Ginger Extract

## Description:

Ginger has been used for centuries as both a spice and as a medicinal herb. It has been found to be useful in supporting healthy digestion.

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 capsule 2 times 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. Do not use for extended periods of time if you are pregnant. Do not use if you suffer from gallstones.

**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

# GINGER EXTRACT

## DIETARY SUPPLEMENT

60 CAPSULES

*Premium Products for Your Health & Wellness™*

## Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 60

	Amount Per Serving:	%Daily Value
Ginger extract (Zingiber officinale root, 4:1)	250mg	*

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

\*Daily Value not established

Ginger Extract is free of wheat, corn, dairy, sucrose, starch, salt and yeast.