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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- **VITAMIN B COMPLEX WITH C**  
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 B COMPLEX  
WITH C**

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:

"The B-complex vitamins are water soluble and not stored in the  
body, so they must be replenished regularly. It is helpful to  
take the B vitamins as a complex because the function and  
absorption of one B vitamin partly depends on the availability of  
the others. Besides supporting the metabolism of carbohydrates,  
proteins, and fats, B-complex vitamins support healthy growth and  
development of ll tissues of the body. During times of stress  
and infection the body's need for B- Vitamins increases. Intake  
of alcohol and caffeine also creates a greater need for vitamin B  
complex supplementation."

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

4) Brand Name: **VITAMIN B COMPLEX WITH C**

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

LET2506

## **Vitamin B Complex With C**

### **Description:**

The B-complex vitamins are water-soluble and not stored in the body, so they must be replenished regularly. It is helpful to take the B vitamins as a complex because the function and absorption of one B vitamin partly depends on the availability of the others. Besides supporting the metabolism of carbohydrates, proteins and fats, B-complex vitamins support healthy growth and development of all the tissues of the body. During times of stress and infection the body's need for B vitamins increases. Intake of alcohol and caffeine also creates a greater need for vitamins B-complex supplementation.

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.