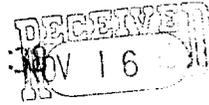




8920 '98 NOV 24 P2



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- **WEIGHT MANAGEMENT FORMULA**
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: **WEIGHT MANAGEMENT
FORMULA**

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:
"Weight Management Formula contains a blend of herbal and vitamin
ingredients formulated to help support weight management in
addition to a healthy balanced diet and exercise."

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

4) Brand Name: **WEIGHT MANAGEMENT FORMULA**

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

97S-0162

LET2514

Weight Management Formula

Description:

Weight Management Formula contains a blend of herbal and vitamin ingredients formulated to help support weight management in addition to a healthy balanced diet and exercise.

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.

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

Weight Management Formula is free of wheat, corn, dairy, sucrose, starch, salt and yeast.

Directions For Use: Take 2 capsules, 20 minutes before every meal.

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 if you are allergic to shellfish. Drink at least 8 glasses of water throughout the day, especially if you are using dietary fiber supplements.

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

WEIGHT MANAGEMENT FORMULA

DIETARY SUPPLEMENT

90 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 2 Capsules – Servings Per Container: 45

	Amount Per Serving:	%Daily Value
Vitamin C (as ascorbic acid)	60mg	100%
Chitosan	600mg	*
Garcinia cambogia extract (Garcinia cambogia fruit, std 50% (-) hydroxytric acid)	1,500mg	*
Guarana extract (Paullinia cupana seed, std 22% caffeine)	30mg	*
Kolanut extract (Cola nitida seed, std 10% caffeine)	30mg	*
Guar gum	250mg	*
Gymnema sylvestre extract (Gymnema sylvestre leaf, std 25% gymnemic acids)	30mg	*
Gotu kola extract (Centella asiatica whole plant, std 10% Iriterpenes)	50mg	*

*Daily Value not established