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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- **CHOLINE INOSITOL**
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: **CHOLINE INOSITOL**

- 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:
"Choline is used by the body to create acetylcholine, an important neurotransmitter. It also helps protect cells from oxidation. Inositol is a form of the B vitamin niacin. Together, these two supplements work to support healthy brain, cardiovascular and nervous system function."
- 3) Name of dietary ingredient(s): See Attached Product Label
- 4) Brand Name: **CHOLINE INOSITOL**
- 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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8989 Rio San Diego Dr., Suite 250, San Diego, CA 92108 • Phone 619/297-8100 • Fax 619/209-6236

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Choline and Inositol

Description:

Choline is used by the body to create acetylcholine, an important neurotransmitter. It also helps protect cells from oxidation. Inositol is a form of the B vitamin niacin. Both coline and inositol can be found in natural dietary sources. Together, these two supplements work to support healthy brain, cardiovascular and nervous system function.

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 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 or prescription of your physician.

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

CHOLINE INOSITOL

DIETARY SUPPLEMENT

100 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 100

	Amount Per Serving	% Daily Value
Choline (bitartrate)	250mg	*
Inositol	250mg	*

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

*Daily Value not established

Choline Inositol is free of wheat, corn soy, dairy, sucrose, starch, salt and yeast.