



December 10, 1998

Office of Special Nutritional  
HFS-450 Center for Food Safety and Applied Nutrition  
Us. Food and Drug Administration  
200 c St. Sw  
Washington DC 20204

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Statement of Nutritional Support - VITAMIN E PLUS  
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 E PLUS

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:

"Vitamin E is a fat soluble vitamin which is a powerful  
antioxidant. Antioxidants protect tissue cells from damage  
caused by toxic chemicals, radiation and overexposure to  
the sun. Vitamin E is important in the body's  
cardiovascular, immune and endocrine systems. Vitamin E  
works closely with zinc and other antioxidants to  
strengthen many functions of the body, including immunity."

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

4) Brand Name: VITAMIN E PLUS

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

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LET 2870

# Vitamin E Plus

## Description:

Vitamin E is a fat soluble vitamin which is a powerful antioxidant. Antioxidants protect tissue cells from damage caused by toxic chemicals, radiation and overexposure to the sun. Vitamin E is important in the body's cardiovascular, immune and endocrine systems. Vitamin E works closely with zinc and other antioxidants to strengthen many functions of the body, including immunity.

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. Do not give it to a child without consulting a physician. Mega-dose intake of Vitamin E is reported to induce blurred vision and headache.

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 of a physician or your physician.

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

# VITAMIN E PLUS

DIETARY SUPPLEMENT

Supplement Facts  
Serving Size: 1 Capsule - Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin E (as d- $\alpha$ -tocopheryl succinate)	400 IU	1,333%
Selenium (L-selenomethionine)	140mcg	200%

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate, croscarmellose, Vitamin E Plus is free of wheat, corn, dairy, sucrose, starch, salt and yeast.

90 CAPSULES

Premium Products for Your Health & Wellness™