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9/29/99

Office of Special Nutritionals
HFS-450
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington DC 20204

Statement of Nutritional Support – WOMEN'S DAILY MULTI-VITAMIN WITH IRON

Pursuant to 21 CFR Part 101.93, American Specialty Health and Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as WOMEN'S DAILY MULTI-VITAMIN WITH IRON

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Drive, Suite 250, San Diego, CA 92108.
- 2) Text of Nutritional Support Statement being made:
"Women's daily Multi-Vitamin with Iron contains a blend of vitamins, minerals and other nutrients specifically formulated to support a women's special nutritional needs."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: WOMEN'S DAILY MULTI-VITAMIN WITH IRON
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

Yours truly,

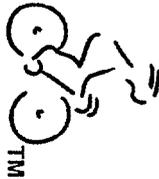
A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Sr. Vice President

97S-0162

P.O. Box 509040, San Diego, CA 92150-9040 • Phone 1-888-BUY-HEALTHY™ (1-888-289-4325)

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WOMEN'S DAILY MULTI-VITAMIN WITH IRON

DIETARY SUPPLEMENT



100 CAPSULES

Premium Products for Your Health & Wellness

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 33

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	5	< 1%*	Magnesium (as aspartate/oxide)	125 mg.	31%
Total Carbohydrate	1 g.		Zinc (as amino acid chelate)	10 mg.	67%
Vitamin A (as retinol palmitate and 57% as beta carotene)	8750 IU	175%	Selenium (as selenium monomethionine)	100 mcg.	143%
Vitamin C (ascorbic acid)	250 mg.	417%	Copper (as amino acid chelate)	1 mg.	50%
Vitamin D-3 (as cholecalciferol)	100 IU	25%	Manganese (as aspartate)	5 mg.	250%
Vitamin E (as d-alpha tocopherol)	200 IU	667%	Chromium (as polynicotinate)	100 mcg.	83%
Vitamin K (as phytonadione)	30 mcg.	38%	Molybdenum (as molybdenum trihydrate)	50 mcg.	67%
Thiamin (as thiamin HCl)	25 mg.	1667%	Phosphorus (as calcium phosphate)	45 mg.	1%
Riboflavin (Vitamin B2)	25 mg.	1471%	Selenium Complex (from a natural derivative of orange, grapefruit, lemon, lime and tangerine) ¹	50 mg.	
Niacin (as niacinamide/nicotinic acid)	38 mg.	190%	Choline (as choline bitartrate)	50 mg.	
Vitamin B-6 (as pyridoxine HCl)	25 mg.	1250%	Biotin	50 mg.	
Folic Acid	200 mcg.	50%	PGA (para aminobenzoic acid)	25 mg.	
Vitamin B-12 (as cyanocobalamin)	50 mcg.	833%	Iron (as iron gluconate)	750 mcg.	
Biotin (as biotin trifluoride)	150 mcg.	50%	Manganese (as manganese trifluoride)	50 mcg.	
Pantothenic Acid (as d-calcium pantothenate)	75 mg.	750%	Vitamin B-12 (as cyanocobalamin)	50 mcg.	
Calcium (as citrate/carbonate)	250 mg.	25%	Iron (as iron gluconate)	750 mcg.	
Iron (as iron gluconate)	9 mg.	50%	Manganese (as manganese trifluoride)	50 mcg.	
Iodine (from potassium kelp powder)	25 mcg.	17%			

Other Ingredients: Gelatin, Magnesium Stearate.

This product contains no yeast, milk, gelatin, wheat, sugar, soy, corn, artificial ingredients or preservatives.
Directions for Use: Take 3 capsules three daily with meals or water.
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.
Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Warning: Women who are pregnant should not exceed recommended dosage. Exceeding the recommended dose will result in ingestion of more than 10,000 IU of Vitamin A as retinol, which in high amounts is known to cause birth defects.

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.
DISTRIBUTED BY AMERICAN SPECIALTY™ HEALTH & WELLNESS,
PO BOX 509040, SAN DIEGO, CA 92150-9040
www.bynatural.com
1999 BPO
Item # 40164

Double safety sealed with a printed outer shrink-wrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing.