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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 – VITAMIN B-COMPLEX

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 VITAMIN B-COMPLEX

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:

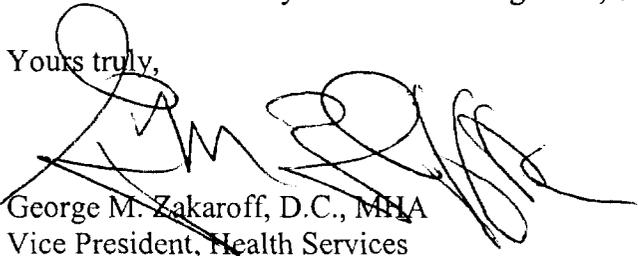
“The B-complex vitamins are water soluble and not stored in the body, so they must be replenished regularly. It is helpful to take the B vitamins as a complex because the function and absorption of one B vitamin partly depends on the availability of the others. Besides supporting the metabolism of carbohydrates, proteins and fats, B-complex vitamins support healthy growth and development of all tissues in the body. During times of stress 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: See attached product label.

4) Brand Name: VITAMIN B-COMPLEX

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,


George M. Zakaroff, D.C., MHA
Vice President, Health Services

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