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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 – EVENING PRIMROSE OIL

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 EVENING PRIMROSE OIL

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:

“Evening Primrose Oil (*Oenothera biennis*) is a tall weed found in gardens, roadsides and fields. The oil, extracted from the seeds of this plant is rich in gamma linolenic acid (GLA) an essential fatty acid. This herb was originally native only to North America, it now grows throughout most of Europe and parts of Asia also. Evening Primrose Oil is a popular herb for women.”

3) Name of dietary ingredient: See attached product label.

4) Brand Name: EVENING PRIMROSE OIL

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,

Dr. Doug Metz  
Sr. Vice President

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LET 4466



**Directions For Use:** Take 2 softgels 3 times daily with water at mealtimes.

**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 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

[www.buyhealthy.com](http://www.buyhealthy.com)

1999 R/O

Item # 40135

# EVENING PRIMROSE OIL

## DIETARY SUPPLEMENT



100 SOFTGELS

*Premium Products for Your Health & Wellness*

### Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 50

	Amount Per Serving:	%Daily Value
Calories	10	
Calories from fat	10	
Total Fat	1 g.	2%†
Vitamin E (as d-alpha tocopherol)	12 IU	40%
Evening Primrose oil (Oenothera biennis seed, 9% GLA - gamma linolenic acid)	1 g.	*

\*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Gelatin, Glycerin, Water.

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.