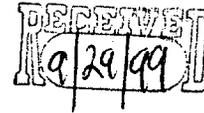




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Office of Special Nutritionals  
HFS-450  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C St. SW  
Washington DC 20204

Statement of Nutritional Support – CALCIUM MAGNESIUM PLUS

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 CALCIUM MAGNESIUM PLUS

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:

“Calcium is the most abundant mineral in the body. Most of the calcium in the body, about 99%, is used to form and maintain bones and teeth. The other 1% of calcium can be found in the blood, body fluids and cells. This free calcium is important in blood clotting, enzyme and hormone function, muscle contraction, nerve conduction and cellular function. The addition of Vitamin D to the formula improves the absorption of calcium by the body. Calcium and Magnesium work together in the formation and maintenance of bones and teeth.”

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

4) Brand Name: CALCIUM MAGNESIUM PLUS

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

97S - 0162

LET 4487387



**Directions For Use:** Take 3 capsules twice 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.

**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 # 40124

# CALCIUM MAGNESIUM PLUS

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
Total Carbohydrate	1 g.	< 1%†
Dietary Fiber less than 1 gram		2%†
Vitamin D (as cholecalciferol)	200 IU	50%
Calcium (as calcium carbonate/citrate/malate)	500 mg.	50%
Magnesium (as magnesium oxide/citrate/aspartate)	250 mg.	63%
Sodium	5 mg.	< 1%

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

**Other Ingredients:** Cellulose, Gelatin, Magnesium stearate.

This product contains no yeast, milk, lactose, wheat, sugar, soy, artificial ingredients or preservatives.

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.