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October 30, 1998

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

Statement of Nutritional Support- **WOMEN'S SUPPORT FORMULA**
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: **WOMEN'S SUPPORT FORMULA**

- 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:
"Women's Support is a combination of vitamin, mineral, and herbal nutrients formulated to provide additional nutritional supplementation to a woman's daily diet. A complete balanced assortment of essential vitamins, minerals, and other nutrients is necessary to support a woman's unique nutritional needs.
- 3) Name of dietary ingredient(s): See Attached Product Label
- 4) Brand Name: **WOMEN'S SUPPORT FORMULA**
- 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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Women's Support Formula

Description:

Women's Support is a combination of vitamin, mineral and herbal nutrients formulated to provide additional nutritional supplementation to a woman's daily diet. A complete, balanced assortment of essential vitamins, minerals and other nutrients is necessary to support a woman's unique nutritional needs.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

Women's Support Formula is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.

Directions For Use: Take 2 capsules 2 times 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, 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

WOMEN'S SUPPORT FORMULA

DIETARY SUPPLEMENT

60 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 4 Capsules – Servings Per Container: 15

	Amount Per Serving:	% Daily Value
Vitamin C (as ascorbic acid)	200mg	333%
Vitamin B6 (as pyridoxine HCl)	100mg	5000%
Pantothenic acid	50mg	500%
Magnesium (as amino chelate, buffered)	200mg	50%
L-Taurine	150mg	*
Choline (as bitartrate)	100mg	*
Chaste berry extract (Agnus castus berry, 4:1)	150mg	*
Angelica extract (Angelica sinensis root, 4:1)	200mg	*
Bupleurum extract (Bupleurum chinense root, 4:1)	100mg	*
Black cohosh extract (Cimicifuga racemosa root, std 2.5% triterpene glycosides)	100mg	*
Licorice root extract (Glycyrrhiza uralensis root, 4:1)	50mg	*

*Daily Value not established