



October 30, 1998

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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- **BILBERRY EXTRACT**
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:
BILBERRY EXTRACT

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:
"Bilberry contains antioxidant compounds called anthocyanosides
that protect small blood capillaries. Bilberry is thought to
support the health of the eyes, circulatory system and intestinal
tract and support healthy blood sugar levels."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **BILBERRY EXTRACT**

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 black ink, appearing to read "Doug Metz", written in a cursive style.

Dr. Doug Metz
Vice President

97S-0162

LET2530

Bilberry Extract

Description:

Bilberry contains antioxidant compounds called anthocyanosides that help protect small blood capillaries. Bilberry is thought to support the health of the eyes, circulatory system and intestinal tract and support healthy blood sugar levels.

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.

Directions For Use: Take 1 capsule 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. Diabetics should not use this herb without first consulting their physician. Do not use high doses over long periods of time.

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

BILBERRY EXTRACT

DIETARY SUPPLEMENT

30 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 30

Amount Per Serving: % Daily Value

Bilberry extract (Vaccinium myrtillus fruit, std 2.5% proanthocyanidins)	100mg	*
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Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

*Daily Value not established.

Bilberry Extract is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.