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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- **CHITOSAN**  
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: **CHITOSAN**

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:  
"Chitosan is a dietary fiber product from the shells of oysters and other shellfish. It acts to add bulk to the diet to aid the digestive system. Dietary fiber has been found to help support healthy blood cholesterol and triglycerides."

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

4) Brand Name: **CHITOSAN**

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

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# Chitosan

## Description:

Chitosan is a dietary fiber product derived from the shells of oysters and other shellfish. It acts to add bulk to the diet to aid the digestive system. Dietary fiber has been found to help support healthy blood cholesterol and triglyceride 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. Do not use if you are allergic to shellfish. Drink at least 8 glasses of water throughout the day, especially if you are using dietary fiber supplements. Supplement your diet with fat-soluble vitamins A, D and E while using this product.

**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

# CHITOSAN

## DIETARY SUPPLEMENT

90 CAPSULES

*Premium Products for Your Health & Wellness™*

## Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 90

	Amount Per Serving:	%Daily Value
Chitosan	500mg	*

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

\*Daily Value not established.

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