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9/29/99

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 – VITAMIN E

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 VITAMIN E

- 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:  
"Vitamin E is a fat soluble vitamin which is a powerful antioxidant. Antioxidants protect tissue cells from damage caused by toxic chemicals, radiation and over exposure to the sun. Vitamin E is an important support for the body's cardiovascular and immune systems."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: VITAMIN E
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

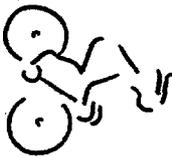
Yours truly,

A handwritten signature in black ink, appearing to read "Doug Metz".

Dr. Doug Metz  
Sr. Vice President

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Directions For Use: Take 1 softgel daily with a meal 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. Do not exceed recommended dosage.

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.bonhealth.com

1999 R00

Item # 40183

# VITAMIN E

## DIETARY SUPPLEMENT



100 SOFTGELS

Premium Products for Your Health & Wellness

### Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 100

Amount Per Serving:	% Daily Value
Vitamin E (as d-alpha tocopherol)	400 IU 1333%

Other Ingredients: Gelatin, Glycerin, Soybean oil, Water.

This product contains no yeast, milk, lactose, wheat, sugar, corn, 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.