Anatomy of the New Requirements for Dietary Supplement Labels

(Effective March 1999)

**GINSENG**
A DIETARY SUPPLEMENT

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**Statement of Identity**

**Net quantity of contents**

**60 CAPSULES**

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**Directions for Use:**

Take one capsule daily.

**ABC Company**
Anywhere, MD 00001

"When you need to perform your best, take ginseng."

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS FOR USE: Take one capsule daily.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Capsule</td>
<td>Oriental Ginseng, powdered (root) 250 mcg*</td>
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</tbody>
</table>

*Daily Value not established.

Other ingredients: Gelatin, water, and glycerin.

ABC Company
Anywhere, MD 00001

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Name and place of business of manufacturer, packer or distributor. This is the address to write for more product information.

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**Other ingredients in descending order of predominance and by common name or proprietary blend.**