

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

**Active Contents:** +- 5.5gm/ 16ml /4tsp per day:  
**Vits:** b-carotene 2000iu; B3 nicotinamide, B3 niacin, B1, B5 & B6 each 25mg, B2 10mg, biotin 20mcg; folic acid 800mcg; B12 20mcg; C 300mg; D3 600iu; E 100iu; **Minerals:** Bo 0.5; Ca 600, Cr 0.2, Mg 450, Mn 0.04, Mo 0.01g, K 400, Se 0.04; Va 0.01 & Zn 10mg; **Conditioned essentials:** alphalipoic acid 10mg, arginine, L carnitine, bioflavinoid, choline, inositol, milk thistle, MSM and taurine each 25mg; creatine & lemon bioflav 40mg, CoQ10 2mg; 5HTP 4mg; lutein 1mg; carnosine 1mg; zeaxanthine 0.15mg; **Herbs:** gymnema 25mg; bilberry, ginger extr & milk thistle 10mg; & carbonate/ chloride/ citrate & amino-acid chelates.



Designed by  
 medical specialists.

**Complete  
 4 phase  
 multi nutrient pack**

## Anti-aging Health Blend

*Fights against  
 all & age-related  
 illnesses.*

**Dose:** Over 12yrs: 1 teaspoon in water, can increase for best effect up to 2 desert spoons (~ 2,8gm) twice a day. Makes a pleasant milkshake if whisked. Children - half dose. **Reduce dose if diarrhoea. Always show to your caregiver, consult if pregnant, or any serious illness, or children below 6yrs. Keep out of reach of children.** Use product fresh. Store sealed, below 25°C, away from light & moisture.

HealthSpan Life! Pty Ltd.  
 P O Box 2682 Clareinch 7740 South Africa  
 Ph 0741LIFESPAN. Copyright reserved.  
 RSA MCC reg 418802. The product conforms to Good Manufacturing, vegan, Kosher & Halaal standards. Contains no aspartame; gluten, sugar, sodium or lactose. 86gm = 300ml AA Blend

Reduces falls and aging fractures

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**CONTENTS** ~mg per 5gm /day 5HTP 3; zinc 24; calcium 650; magnesium 650; vit C 750; creatine 100 Boron 2mg; B6 30; vit K1 1; B9 folic 1; B12 0.8 mg; zinc 30; vit C 500; comstarch 230mg; vit D3 2000iu. 12 active ingredients. Optimizes circulation, strength, bones, mood, immunity, bloodpressure at all ages. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub.

*Doesnt diagnose or treat illness. Please inform your doctor. Keep out of reach of children. sales@healthspanlife.co.za Supplements aim to correct the nutritional deficiency disorders / imbalances of all disease & treatment.*

Store sealed in a cool dry place. Stir & shake regularly



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## FOR- BONES BLEND

**Vegetarian Powder Blend  
 150gm=200ml  
 Boosts your body**

**DOSE:** 1/2tsp in food /juice, increase to maximum 1 mod. heaped tsp 2x/ day as desired /helps; but if needed reduce a bit until you adapt. Ideally take with appropriate sex-hormone replacement and

AntiAging Blend	2.8 gm 2x/d
Enhanced Vitamin C	1 (to 3) gm 2x/d
Fish oil caps	1 to 2gm 2x/d

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**Content (mg / gm):** AntiAging Blend 60; acetylcysteine 30; lipoic acid 30; bioflav 70; bromelain 40; calcium 50; cats' claw 10; CoQ10 4; curcumin 45; dandelion 20; ginger 20; ginseng 55; magnes 20; milkthistle 40; MSM 65; probiotic 25; rhodiola 25; selenium 0.06; shiitake(mushroom) 75; vits B1 2; B6 10; C 90; K 0.25mg; E .12.5iu; D3 200iu; filler comstarch 70mg. Expiry 2 years from date on tub. Made in RSA to Good Manufacturing Practice.

*Doesnt diagnose or treat illness. Consuming the entire contents may cause diarrhoea. Please inform your doctor. Keep out of reach of children.*

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## CANCER NUTRITIONAL SUPPLEMENT

**Vegetarian Powder Blend  
 60gm = 75ml  
 Boosts your body**

Dose may depend on tolerance: start 1/4tsp / day in liquid/on food - increase (daily) if needed/ tolerated up to 1 tsp 2x/day. Reduce or stop briefly if flushing, drowsy, gastric burn, nausea, diarrhoea etc & resume at lower dose. *Ideally take with*

AntiAging Blend	2.8 gm 2x/d
Enhanced Vitamin C	1 (to 3) gm 2x/d
Fish oil caps	2gm 2x/d

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