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Building Sustainable Health

www.healthspanlife.com

Nutritional supplement for sinus & lung support in eg bronchitis, asthma, emphysema. CONTENTS ~mg per gm ~1/2tsp/day: AntiAging Blend 50; Anti-Inflammation Blend 75; 5HTP 3; NA cysteine 75; catsclaw 25; guanafensin 75; calmag 160; B5 100; selenium 0.02; GABA 30mg. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub.

Not for pregnancy / lactating. Overdose: Taking this whole tub at once may cause diarrhoea, drowsiness, flush, nausea, shivering, spasms, and dry mouth.

Doesnt diagnose or treat illness.

Always show your doctor. Keep out of reach of children.

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



FOR-LUNGSPAN BLEND



Vegetarian Powder Blend
60gm=120ml
Boosts your body

Designed by medical specialists.

Complete 3 phase multi nutrient pack.

What? Natural essential human microfoods often low in good diet, physiology; & disease. DOSE : Begin 1/2 ml scoop in liquid, increase up to maximum 2tsp every 3-4 hrs as desired/helps; until you adapt.

Ideally take with coffee/ tea; steam inhalation; and HealthSpan

AntiAging Blend	2.8 gm 2x/d
Enhanced Vitamin C	1 (to 3) gm 2x/d
Fish oil caps	4-6gm/day

ALWAYS: Exercise, STOP smoking, sugar, deepfry/ cooked fats
HealthSpan Life! Pty Ltd.
P O Box 2682 Clareinch 7740 South Africa
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Active Contents: vits (b-carot; B1,2,3 niacin/nicotamide,5, 6, 7, 8, 9, 12; C; D3; E; K) minerals (Ca; Mg; Zn; Bo;Mo; Mn; iod; Se; Va; Cr;) biologicals: bioflav; acet-cysteine; a-lipoic; arginine; carnitine; choline; CoQ10; GABA; 5HTP; MSM; ribose; Herbs: astragalus; bilberry; boswellia; bromelain; cinnamon; Coleus; curcumin; Dandelion; fenugreek; galega; garlic; ginger; ginkgo; gymnema; hawthorne; huperzine; lutein; milkthistle; nettle; rauwolfia; EDTA. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub.

Reduce dose if dizziness, nausea or diarrhoea. Doesnt diagnose or treat illness. Please inform your doctor. Keep out of reach of kids. Not for breastfeeding/child/pregnancy/kidney failure. It does not diagnose or treat. May allow/ require reduction in all prescription meds eg for diabetes, HBP, depression

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



FOR-LOWCOST MULTI-BLEND



Vegetarian Powder Blend
60gm=75ml
Boosts your body

Designed by medical specialists.

Complete 3 phase multi nutrient pack.

Natural enhanced food micros supplement support for those at high risk of Heart/circulation/ overweight/ diabetes/ memory/ depression/ heavy metal/ Osteoporosis problems.

65 active ingredients combining per gm: For-Bones 40%, Anti-Aging Blend 20%, For-Heart-Weight-Sugar-Memory control 20%, For-Chelation-Detox 20%.

DOSE: 1-4 gm ie 1/4- 1 tsp/day, build daily up to eg 1 heaped tsp 2x/d till improving then reduce slightly; -in liquid; Ideally combine with Fish (cod liver) oil 1/2 tsp 2x/day or

Fish oil caps	1 - 2gm 2x/d
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May lower high blood sugar/ pressure, cholesterol, depression; so if raised, these should be checked while finding the best dose; and reduce or avoid prescription drugs, for such problems, if they normalize.

CONTENTS approx mg/gm: calcarb 200, AABlend 130; potbit, magox each 100, Detox, BCo, MSM, For-Eyes ea 50; cinnamon, GABA, ginkgo 30; Uplift, 5HTP, Bioflav,curcumin, DMEA, B1, B2, B5, B6 ea 15; huperzine, phosphoserine ea 6. Doesnt diagnose or treat illness.

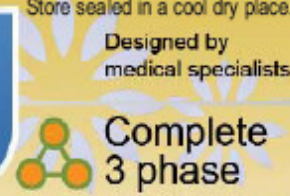
Not for infants/ pregnancy. Expiry 2 years from date on tub Made in RSA to Good Manufacturing Practice.

Memory loss has many causes- so have it assessed early. Please inform your doctor. Keep out of reach of children.

Made in RSA to Good Manufacturing Practice. Store sealed in a cool dry place.



FOR-STRONG MEMORY



Vegetarian Powder Blend
60gm=90ml
Boosts your body

Designed by medical specialists.

Complete 3 phase multi nutrient pack.

What? The most advanced blend. What for? For older adults concerned with memory, obesity, fatigue, fibromyalgia/ M.E, depression, headache, insomnia. Overdose: Taking whole tub at once may cause runny nose, diarrhoea, drowsiness, flush, nausea, shivering, spasms.

DOSE: Maximum about 4gm ie 1 heaped tsp 2x/d as desired/helps; but if necessary reduce a bit until you adapt. 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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