

Contents mg per gm. For joints crushed shell glucosamine nutritional support to rebuild joint cartilage, perhaps avoid back surgery or joint replacement. - Reduce dose if heartburn or diarrhoea. Expiry 2 years from date on tub. Made in RSA to Good Manufacturing Practice. **Doesnt diagnose or treat illness. Please inform your doctor.** Keep out of reach of children. PURE 100% Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

GLUCOSAMINE (CORN) VEGAN

60gm=80ml Boosts your body

Dose: Start with 1/4 ml scoop twice/day can go up to a flat ml scoop or 1/4 tsp. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Ideally combine in water/ juice, with: chondroitin; For-Bones & HS For-Joints blend.

Also 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

HealthSpan Life! Pty Ltd.

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Contents mg per gm. The most abundant essential aminoacid in the body - a food supplement for DNA; brain; muscle; stomach ulcer; colitis; endurance, acid-base balance; immunity (eg AIDs), addictions, chemotherapy, surgery/ healing. Avoid with liver/ kidney failure, Reye s syndrome, pregnancy/ breastfeeding. **Powder Blend.** Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. PURE 100%. Vegetarian - no flesh products. **Please inform your doctor. Keep out of reach of children.** Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

L-GLUTAMINE

60gm=100ml Boosts your body



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Dose: 1 tsp twice/day up to 12tsp/d as desired -in liquid/food; ideally take with

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

Doesnt diagnose or treat illness.

No wheat/gluten/dairy prods, no aspartame. HealthSpan Life! Pty Ltd. Ph 0741Lifespan P O Box 2682 Clareinch 7740 South Africa Ph 0741LIFESPAN. Copyright reserved.

FOR-SKIN/HAIR/NAILS BLEND - SEE UNDER SKIN

Contents mg per gm - Doses are in mg/g unless otherwise shown. vit C 70; calcarb Magoxide ea 60; Ribose 40; potcit MSM ea 30; gymenia Buchu ea 25; Taurine Ginseng GABA Carnitine cinnamon LipoicAcid Bioflavonoid ea 20; Vifs B1 B5 vit B6 ea12; NAcysteine nettle rt curcumin dandelion choline inositol DMAE EDTAcalc ginkgo Nicotinam Hawthorn each 10; Arginine 7; Ashwanda 16; carnosine 1; Chromium Pico 0.5; CoQ10 1; coleus 8; fenugreek 30; galega 30; garlic 0.1; Ginger 0.8; hupzrine 1; Lycopene 4; Lysine 16; Milkthistle Niacin ZincOxide tribulus ea 5; phosphatserine 1; Proline 16; rauwolfia 0.4; epimedium 4; 5HTP 3mg, mcg/gm; vit K 100; FolicAcid 50; vit B12 50; Biot 50; Vanadium 10; iodide 4mcg. bcarotene 60iu; vit D3 1000iu; vit E 5iu. **Doesnt diagnose or treat illness.** Expiry 2 years from date on tub. Made in RSA to Good Manufacturing Practice. **Please inform your doctor. Keep out of reach of children.** sales@healthspanlife.co.za. **Boosts your body**

FOR-HEART, MEMORY, MOOD WEIGHT-SUGAR CONTROL



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Store sealed in a cool dry place. Stir & shake regularly 60gm-90ml

DOSE: Begin ¼ ml scoop in food/juice, increase (daily) up to max 2 flat teasp 2x/ day as desire/ helps; but slowly till you adapt. Not for pregnancy/ breastfeeding. It may help obesity, fatigue; fibromyalgia/ M.E. depression; joints, headache; insomnia; memory; heart. May lower Blood Sugar/Pressure aiding reduction in drugs. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. **Vegetarian food supplements. 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

Vegetarian Powder Blend. HealthSpan Life! Pty Ltd. P O Box 2682 Clareinch 7740 South Africa Ph 0741LIFESPAN. Copyright reserved.

To improve blood pressure, heart, sugar and mood control. Contents mg per gm: arginine 100; 5HTP 5; rauwolfia 2;calc carb 50; mag ox 230; pot cit 166; dandelion 50; inositol 166; taurine 230; CoQ10 0.5; GABA 50mg. 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. Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

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FOR-HYPERTENSION BLEND

Vegetarian Powder Blend 60gm=67ml Boosts your body

Dose: ¼ ml / day, increase slowly to 1ml 2x/d to avoid dizziness on standing up. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Hypertension high blood pressure must always be professionally treated, lowered gently to avoid dizziness. **Vegetarian food supplement. Always take with**

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

Not for infants/pregnancy /lactating/kidney failure.

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ANTI-INFECTION IMMUNE SUPPORT Natural multisystem antioxidant & antimicrobial food supplement against infections & antimicrobial side-effects. Contents mg per gm: cats' claw 40; astragalus 80; AntiAging Blend 100; ginseng 20; Lysine 60; Bromelain (pineapple) 40; vit C 100; zinc 10; milkthistle 10; probiotic 25 (lactobacillus lactis, casei/acidophilus; bifidobacter); Shiitake (mushroom) 60; calcarb 200; Mag-ox190; vit D3 2 mg; bcarotene 320iu Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. **Please inform your doctor. Keep out of reach of children.** Store sealed in a cool dry place. Stir & shake regularly

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FOR-INFECTION

60gm=75ml Boosts your body

DOSE: Start 1/2ml scoop 2x/ day in liquid/on food increase (4hrly if infection, and tolerated) to 4ml/ 1tsp 2 to 4x/day. Reduce or stop briefly if symptoms allergy, burning, nausea, diarrhoea etc- & resume at lower dose. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. **Ideally take with**

AntiAging Blend	1 (-3)gm 2x/d
Enhanced Vitamin C	up to 4tsp 2hrly
Fish/cod-liver oil	2-3gm 2x/d

Doesnt diagnose or treat illness.

Contains no wheat/gluten/dairy prods, no aspartame. HealthSpan Life! Pty Ltd. Ph 0741Lifespan P O Box 2682 Clareinch 7740 South Africa Ph 0741LIFESPAN. Copyright reserved.

Micro food IRON supplement FERROUS SULPHATE 10%. Contents mg per gm: iron 33mg/ml in vitamin C to promote absorption. ONLY for proven iron deficiency anemia. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. **Both iron deficiency and iron excess are dangerous. Doesnt diagnose or treat illness.** Please inform your doctor. Keep out of reach of children. Always take well diluted. Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

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FOR-IRON 3.3%

Vegetarian Powder Blend 90gm=90ml Boosts your body

DOSE: 1/4ml to 1ml scoop 2-3 x /d in water ideally on empty stomach. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Possible side effects: diarrhoea, constipation, nausea. **Both iron excess & deficiency are dangerous. 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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