

FOR-PAIN/JOINTSPAN - SEE UNDER PAIN


17/08

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Building Sustainable Health

Contents mg per gm: **shark Chondroitin** 100 + **shellfish Glucosamine** 500 + cornstarch 400mg; AntiAging 40; 5HTP 2; boswellia 20; bromelain 70; CalCarb 140; cats claw 50; curcumin 20; dandelion 35; GABA 10; MagCarb 90; MSM 90; nettle rt 35; proline 40; B3 Nicotinamide 120; B5 pantothenate 70; B6 pyridox 40; vitamin C 80; Vit E 25iu; MCT 10. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. **May reduce need for painkiller/ prescription drugs. Doesn't diagnose or treat illness. Please inform your doctor. Keep out of reach of children. Beware if shellfish allergy. Store sealed in a cool dry place. Stir & shake regularly**

COMBINED FOR-JOINTS + CG BLEND



Complete 3 phase multi nutrient pack.

Powder Blend 60gm=90ml
Boosts your body

Designed by medical specialists.

What for? Natural anti-inflammatories relieve pain, fever, joints, muscles. DOSE (as For-Joints): 1/4 tsp stirred in water twice a day, up to 1 heaped tsp twice a day if needed & tolerated. *Ideally take with LIFE! glucosamine ± chondroitin powders and*

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


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Stop briefly if gastric burn, nausea, diarrhoea, flush etc & resume at lower dose.

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Nutritional support, building blocks for bones & joints, & peptic-ulcer protection for all arthritis. **Approx contents mg per gm:** incl Glucosamine 160 + SHARK Chondroitin 16mg, calcium 70, magnesium 70, Zn 3, proline 20, MSM 25, tumeric 7, cats'claw 3, dandelion 6, bromelain 25, nettle 6, 5HTP 3, GABA 7 guaifenes 8, boswellia 3, all minerals & vits esp vit C 40; nicotinam 35; Bs 12; Bs 10 mg; vit D3 1000iu/gm. 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.**

TRIPLE OSTEOPOROSIS - ARTHRITIS BLEND



Complete 3 phase multi nutrient pack.

180gm = 225ml
Boosts your body

Designed by medical specialists.

DOSE: FOR NUTRITION WITH OSTEOPOROSIS, ARTHRITIS: up to 1 heaped tsp 2x/day in water/milk; *Ideally take with appropriate HRT*

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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Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

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For-Dyspepsia; reflux; inflammatory bowel/colitis Food supplement: contents mg per gm: 5HTP 2; calc carb 250; carnosine 2; Mag Ox 250; GABA 20; glutamine 100; melatonin 0.02; methionine 100; milk Thistle 5; TMG glycineBetaine 100; zinc ox 5.VITS: B6 10; folic acid 0.02; B12 0.05; vit K 2mg. Avoid with liver/ kidney failure, Reye s syndrome. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. 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**

FOR-DYSPEPSIA/ REFLUX LEAKY GUT



Complete 3 phase multi nutrient pack.

60g=100ml
Boosts your body

Designed by medical specialists.

DOSE: 1/2 to 2tsp before meals & perhaps 2-3 tsp at night up to 6tsp/d, in liquid/food; Take in water with

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


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Not for pregnancy/ breastfeeding /child. No wheat/gluten/dairy prods, no aspartame. Powder Blend. Doesn't diagnose or treat illness.

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Contents mg per gm: a-Lipoic acid 50; CalCarb 475, MagOx 475mg. Crucial antioxidant co-factor microfood supplement (especially with n-acetyl cysteine, L-glutamine, L-carnitine) against: insulin resistance, obesity, diabetes, neuritis, blood pressure, liver, infectious, vascular, memory & depression diseases. 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.**

CRUCIAL ALPHA LIPOIC ACID 5%



Complete 3 phase multi nutrient pack.

60gm=120ml
Boosts your body

Designed by medical specialists.

Dose 1/2 to 6 scoops twice a day (less when better) 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Take in liquid. *Ideally take with*

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


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Contents mg per gm: Vitamin C 100; milk-thistle 100; lipoic acid 10mg dandelion extr 40; carnitine 50; taurine 150; Calmag 30mg vitamin E 25iu. Expiry 2 year from date on tub. Antioxidant supplement for assisting prevention / relief of **liver disease, jaundice, gallstones, psoriasis** Made in RSA to Good Manufacturing Practice. **Doesnt diagnose or treat illness. Please inform your doctor. Keep out of reach of children.**

FOR-LIVER BLEND



Complete 3 phase multi nutrient pack.

60gm=70ml
Boosts your body

Designed by medical specialists.

Dose: 1/2ml to 4ml twice a day as desired. *Vegetarian food supplements. Ideally take with*

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

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28/07

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Active contents mg per gm: 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. Doesn't diagnose or treat illness. Please inform your doctor. Keep out of reach of kids. Not for breastfeeding/child/pregnancy/kidney failure. May allow/ require reduction in all prescription meds eg for diabetes, HBP, depression**

FOR-LOWCOST MULTI-BLEND



Complete 3 phase multi nutrient pack.

60gm=75ml
Boosts your body

Designed by medical specialists.

Natural enhanced food microsupplement 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 ¼ - 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/cod-liver oil	1 - 2gm 2x/d
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