

NATURAL PURE FOOD ANTIVIRAL AMINOACID AGAINST HERPES SIMPLEX.

Also blocks arginine (ie arginine may thus promote HSV). Arginine must be restricted for anti-HSV effect ie little chocolate, nuts, gelatine. Expiry 2 yrs from date on sticker. PURE 100%. Contents mg per gm
Do not take with liver/kidney failure, pregnancy or breast feeding. 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- LYSINE

Vegetarian Powder Blend
60gm=90ml
Boosts your body

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.

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



DOSE: 1gm or 1/2 tsp three times/day up to 3tsp/d with meals -in liquid/food; Ideally take with

AntiAging Blend	2.8gm 2x/d
Enhanced Vitamin C	to tolerance not diarrhoea
Fish oil caps	4gm/d

HealthSpan Life! Pty Ltd.
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Doesnt diagnose or treat illness.

28/07

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. Vegetarian Powder Blend
 Store sealed in a cool dry place. Stir & shake regularly
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FOR-LUNGSPAN
 for sinusitis, bronchitis

60gm=120ml
Boosts your body

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.

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



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. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. 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/cod-liver oil	4-6gm/day

ALWAYS: Exercise, STOP smoking, sugar, deepfry/ cooked fats
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Reduces falls and aging fractures

Building Sustainable Health

www.healthspanlife.com

Contents mg per gm. To promote: Heart and bowel function, energy, blood pressure, blood glucose and kidney stone control, against constipation. 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. PURE 100%
 Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment

MAGNESIUM OXIDE

Vegetarian Powder Blend
150gm=200ml
Boosts your body

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.

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



DOSE: Start with 1/4 tsp up to 4tsp/d- less if diarrhoea. 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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CHRONIC FATIGUE M.E FIBROMYALGIA - SEE UNDER FATIGUE

FOR-MEMORY HERBAL may lower anxiety, inflammation, depression, blood pressure, 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 mg per gm: calcarb 150, AABlend 100; polciti, magox each ~75, Detox, BCo, MSM, For-Eyes 37; cinnamon, GABA, ginkgo each 22; Uplift, 5HTP, Bioflav, curcumin, DMEA, B1, B2, B5, B6 12; huperzine, phosphaserine 4 ; & sage, rosemary, melissa each 83mg
If on any prescription drugs especially for major illness eg. diabetes, heart or depression, inform your doctor what you take. Not for infants/pregnancy/ lactating. Increase dose cautiously - overdose may cause diarrhoea. Doesnt diagnose or treat illness.


FOR-STRONG MEMORY HERBAL

Vegetarian Powder Blend
60gm=100ml
Boosts your body

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.

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



What? Natural ground herbs, vitamins, minerals, biologicals. **For whom?** For older adults concerned with memory, depression; insomnia. DOSE: maximum about 4g ie 2 flat tsp 2x/d; but if needed 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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 Memory loss has many causes- so have it assessed early.
Please inform your doctor. Keep out of reach of children.

Contents mg per gm: 1mg/ml ie 90mg melatonin in 60gm 90ml calmag powder. The prime (pineal) human hormone - for memory; longevity; skin light-ening; against bloodpressure, arrhythmia, obesity, dementia, migraine, lipidemia, cancer, jet lag. 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. Not for kids, pregnancy or breast feeding. Beware of oversleeping on overdose.**


MELATONIN BLEND 0.1% w/v

Vegetarian Powder Blend
60gm=90ml
Boosts your body

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.

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



DOSE: 1mg melatonin ie 1ml, to 3 gm ie 3ml at bedtime in water, to find the best dose for sleep. Up to 40mg/day for cancer co-therapy. Ideally take with

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

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Contents mg per gm - 1.8g in 60gm 90ml calmag-cornstarch powder. Human hormone - antioxidant for better immunity against cancer; (use 0.1% for sleep, memory, longevity; bloodpressure, jet lag, obesity, dementia, migraine, lipidemia. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. **Boosts your body**
Doesnt diagnose or treat illness.
 Please inform your doctor. Keep out of reach of children. Not for kids, pregnancy or breast feeding. Beware of oversleeping on overdose.
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MELATONIN 2%w/v
 for CANCER NUTRITION SUPPORT for

Designed by medical specialists.

Complete 3 phase
 multi nutrient pack.



DOSE : A pinch in water at night gradually build up to 2ml 40mg a day- split to avoid sleepiness. Ideally take with

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

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Vegetarian Powder Blend 60gm=90ml