

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

Pure potassium citrate. Contents mg per gm: For cystitis, or cramps, or with potassium-losing diuretics. Do not take with kidney failure. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on sticker. PURE 100% **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

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

POTASSIUM CITRATE

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

DOSE: 1gm scoop or 1/4 tsp up to three times/day in liquid/food can go briefly up to a tsp 4x/day; 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. **take only well diluted** 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.
P O Box 2682 Clareinch 7740 South Africa
Ph 0741LIFESPAN. Copyright reserved.

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

WHAT? Contents mg per gm: Saw palm 80; stinging nettle 320; calcium 100; magnesium 100; selenium 0.15; DIM 20 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

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

FOR-PROSTATE BLEND

Vegetarian Powder Blend 60gm=80ml **Boosts your body**

DOSE: 1/2 to 2ml scoop 2x/day in water. Herbal remedy to slow urine flow in men- once cancer has been excluded. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Consult doctor if problem is bad or does not improve. **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 2 to 3gm 2x/d

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

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

Contents mg per gm: Diet supplement-lactobacillus (lactis,casei + acidophilus) + bifidobacter bifidum. >2billion cfu/gm. Restore normal bowel organisms disturbed by antibiotics, cortisone, the Pill, excess alcohol, stress, disease, toxins, possibly for better immunity with enteritis/colitis/ thrush, against the common cold, lactose intolerance, irritable & inflammatory bowel disease, allergy. **Doesnt diagnose or treat illness.** Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. Stir & shake regularly. **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**

Store dry at low temp - ideally 4-8°C



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

PROBIOTIC POWDER BLEND

Vegetarian Powder Blend 30gm=60ml **Boosts your body**

DOSE: 2ml 2-3x/day in water/juice/food in acute phase, then 1 ml/day if desired. **Overdose may cause headache, diarrhea, constipation, wind. For illness, or infants always consult your doctor.** **Ideally take with Probiotic blend to HealthSpan multiblend &**

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

Prudent fat-free diet low in sugar
HealthSpan Life! Pty Ltd.
P O Box 2682 Clareinch 7740 South Africa
Ph 0741LIFESPAN. Copyright reserved.

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

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**

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

FOR-DYSPEPSIA/ REFLUX LEAKY GUT

60g=100ml **Boosts your body**

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

Not for pregnancy/ breastfeeding /child. No wheat/gluten/dairy prods, no aspartame. **Powder Blend. Doesnt diagnose or treat illness.** HealthSpan Life! Pty Ltd. Ph 0741Lifespan P O Box 2682 Clareinch 7740 South Africa Ph 0741LIFESPAN. Copyright reserved.

FOR MUSCLE STRENGTH

Building Sustainable Health

www.healthspanlife.com

Contents mg per gm. D-RIBOSE for Heart, muscle boost - a sugar (pentose) cell food critical to life- RNA & DNA, to energy in eg chronic fatigue, (& with extra carnitine, CoQ10 carnosine & arginine) for heart support. Lowers hyperglycemia, may cause hypoglycemia. Diabetes, heart & gout sufferers may be able to reduce prescription drugs. Adverse reactions may be diarrhoea, nausea, headache. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. PURE 100%. sales@healthspanlife.co.za. **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**

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

D-RIBOSE

Vegetarian Powder 60gm=120ml **Boosts your body**

What ? Natural muscle sugar for mitochondrial function. DOSE: Start 1 ml scoop 2x/ day in liquid/on food- can increase up to 8ml 2x/day till better, then halve the dose. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. Reduce or stop briefly if symptoms -dizzy, 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

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

sales@healthspanlife.co.za

Building Sustainable Health

www.healthspanlife.com

Natural food supplement for optimal appetite/weight mood, sleep & anxiety control. Contents mg per gm: 5HTP 100; GABA 300; ginkgo 50; vit C 550mg, Lithium 1. Reduce dose if day drowsiness, migraine - take less. Not if on prescription antidepressants nor for pregnancy/ breastfeeding /child. 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.**

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



Designed by medical specialists.

Complete 3 phase multi nutrient pack.

FOR-SLEEP/ MOOD/ WEIGHT SUPPORT

Vegetarian Powder Blend 60gm=90ml **Boosts your body**

Dose: 1/2 ml flat scoop at night, build daily up to 3- (4ml) till improving then reduce slightly; dose can be split twice daily -in liquid. **Ideally take with**

AntiAging Blend 6ml/d
Enhanced Vitamin C 1 scoop 2x/d
Fish oil caps 4gm/d

HealthSpan Life! Pty Ltd.
P O Box 2682 Clareinch 7740 South Africa
Ph 0741LIFESPAN. Copyright reserved. **Supplements aim to correct the nutritional deficiency disorders/ imbalances of all diseases/ aging, and treatment**