

28/07

sales@healthspanlife.co.za **Building Sustainable Health** www.healthspanlife.com

FOR-SKIN/HAIR/NAILS BLEND
 Vegetarian Powder Blend 60gm=100ml
Boosts your body
 Designed by medical specialists.

DOSE: 1/4 to 1 flat tsp twice a day in water/juice.
 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon.
 Vegetarian food supplements. Ideally take with

AntiAging Blend	1 to 3 gms 2x/d
Enhanced Vitamin C	1 to 3 gms 2x/d
Fish/cod-liver oil	1 to 3 gms 2x/d

HealthSpan Life! Pty Ltd.
 P O Box 2682 Clareinch 7740 South Africa
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life Complete 3 phase multi nutrient pack.

Powder blend: contents mg per gm: Biotin 0.5; milk thistle 100; vit C 60; calmag 400; DMEA 50; melatonin 0.08; Enhanced vit BCo 100; comtarch 240mg; MCT 10mg; b-carotene 1600iu; & vit D 500iu. 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

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NATURAL STEVIA
 30ml Sweetener 10% drops
Boosts your body
 Designed by medical specialists.

What? Natural intense sweetness ~25x that of sugar. ie 5-10drops/ cup = 1 tsp sugar depends on taste. For diabetes and weight loss: ALWAYS: exercise, STOP smoking, sugar, deep fry/cooked fats.
 10 drops = 1/2ml = 0.25kcal
Doesnt diagnose or treat illness.
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Stevia heuningblaar plant extract in water - nutritional support against diabetes, obesity, high blood-pressure
 Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. Vegetarian - no flesh products.

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VITAMIN B1 THIAMINE - SEE UNDER VITAMIN SECTION

26/05

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FOR-UPLIFT
 Vegetarian Powder Blend 60gm=100ml
Boosts your body
 Designed by medical specialists.

DOSE: Start 1/2 of ml scoop 2x/ day in liquid/on food- can increase up to 3ml 2x/day till better, then halve the dose.
 Reduce or stop briefly if symptoms -dizzy, diarrhoea etc-& resume at lower dose.
 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. *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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Contents mg per gm: AntiAging Blend 170; arginine 60, carnitine 60, carnosine 4, CoQ10 3; EDTA Ca 60; ginseng 50; ribose 40; zinc 5; calmag 240; tribulus 40; epimedium 40; vit C 60mg; vit BCo 25; proline 40. Vit K 80mcg; Vit E 20iu; vit D 50iu; comstarch 250mg. Nitric oxide donor - may improve fatigue, strength, circulation, liver, muscle, erection, angina, heartfailure, & interstitial cystitis. For-Uplift: lowers hyperglycemia. Overdose may cause hypoglycemia. Diabetes, heart & gout sufferers may be able to reduce other therapy. Expiry 2 years from date on tub. Made in RSA to Good Manufacturing Practice.
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VANADIUM Aminoacid Chelate 0.05%
 Vegetarian Powder Blend 60gm=90ml
Boosts your body
 Designed by medical specialists.

VANADIUM aminoacid chelate 0.05% in vit C, for insulin resistance, cholesterol - glucose control. May lower blood sugar too far if combined with other anti-diabetes therapy.
 DOSE: Below 1mg vanadium ie max 1/2 ml 2x/day.
 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon. *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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VANADIUM: Warning for the patient with BIPOLAR depression: Vanadium is high in manic states, which are controlled by vit B, GABA, and by lithium that lowers vanadium. No studies show that vanadium is beneficial in mania- all advise that vanadium intake should be lowered. Vanadium dose up to 1gm a day should only be taken by bipolar patients who are on vitamin B Co, and GABA at least a gram a day, (or lithium), in consultation with their doctor, and who understand that they must stop vanadium if they become hypomanic ie too excited, agitated. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. Not for pregnancy, lactation, children *Doesnt diagnose or treat illness. Please inform your doctor. Keep out of reach of children.*

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FOR-VARICOSE VEINS
 Vegetarian Powder Blend 60gm=120ml
Boosts your body
 Designed by medical specialists.

DOSE: 1 to 3ml scoops 2x/day in water/juice. 1 usual tsp = 4 x 1ml scoops = 1/2 desertspoon.
 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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Store sealed in a cool dry place. Stir & shake regularly

Contents mg per gm. CITRUS BIOFLAVINOIDS: Antioxidant food supplement against varicose veins (leg swelling), piles and bruising. Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. 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

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FOR-YOUNG/ANAEMIC/PREGNANT/ BREASTFEEDING WOMEN
 Vegetarian Powder Blend 60gm=100ml
Boosts your body
 Designed by medical specialists.

DOSE: 1/4 teaspoon twice/day up to 3tsp/d as desired - in liquid/food; take with

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

No wheat/gluten/dairy prods, no aspartame.
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 Made in RSA to Good Manufacturing Practice. Expiry 2 years from date on tub. Vegetarian - no flesh products.
Powder Blend. Doesnt diagnose or treat illness.
 Please inform your doctor. Keep out of reach of children.

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Active contents mg per gm: b-carotene 20mg; D3 200iu; folic acid 300mcg ;B12 80mcg; vit E 1iu; vit K 160iu.; boron 40mcg; lutein 25mcg; zeaxan 5mcg; Selenium 1mcg; In mg/gm: B1 3; B2 0.8; nicotamide 40; niacin 5; B5 2; B6 2, B7 biotin 0.26; C 100; Bo 0.5; CalCarb 220; MgOx 210, IronSO4 50; zinc 5, arginine 3; iodide 0.03; Zn 10mg; acet-cysteine 3; bioflavonoid 60; carnitine 3; carnosine0.5; CoQ10 0.25; GABA 3; glutamine 10; inositol 40; lysine 10; MSM 10; ribose 5; lipoic acid 3, taurine 80; TMG 4; carnosine 1mg; cinnamon 2; coles 3; dandelion 10; nettle 15; gymnema 5mg