

“Spirulina Capsules” – 600mg each

PRICE:

10's Capsules R50

120's Capsules R360

DOSAGE: take 2-4 capsules per day, best time to take is at bedtime, no less than 2 hours before or 2 hours after chronic medication. Do not exceed the recommended dosages. Not to be used by children under the age of 16 years.

FAQs : "Frequently Asked Questions" about “**Spirulina Capsules**”

► **Question 1: What is Spirulina?**

“Arthrospira platensis”.

Spirulina is a type of blue-green algae that grows in both salt and fresh water. Spirulina can be categorized as a superfood. It is highly nutritious and a great source of protein, copper, and B vitamins. Spirulina is rich in protein, vitamins, minerals, carotenoids, and antioxidants that can help protect cells from damage. It contains nutrients, including B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid). Spirulina is also high in calcium, potassium and magnesium, as well as omega-6 and omega-3 fatty acids. Spirulina is a non-seaweed.

► **Question 2: What type and size of capsules are used?**

600mg Size 00 “Bovine Gelatin” Capsules

~ Certified Halal & Kosher ~

✨ ✨ ✨ **NB: Kindly note**: All the abovementioned capsules are also available in “VEGAN CAPSULES”, upon request.

► **Question 3: Does this “Spirulina Capsules” contain any fillers?**

NO

► **Question 4: What are the benefits of “Spirulina Capsules”?**

- Rich in many nutrients
- Anti-inflammatory
- Antioxidant
- Anti-cancerous
- Anemia
- Anxiety disorders

- Bipolar disorder
- Cleanses colon
- Depression
- Heart Health
- Insomnia
- Leg cramps at night
- Lowers cortisol levels
- Lowers blood pressure
- Lowers blood sugar levels
- Lowers cholesterol levels
- Lowers triglyceride levels
- Mental health
- Mood imbalances
- Muscle strength
- Rhinitis
- Schizophrenia
- Stress
- Flushes toxins

► **Question 5: What is the side effects of “Spirulina Capsules”?**

1. Spirulina is generally considered safe for most people. However, some side effects may occur, especially if consumed in large quantities. It is crucial to exercise caution when taking Spirulina alongside certain other medications.
2. Since spirulina helps to cleanse the colon and flush out the toxins, you might experience sleepiness and tiredness. This is caused because your organs and excretory system are working overtime.
3. People with auto-immune diseases should not take Spirulina.
4. Common side effects may include upset stomach, diarrhea, and vomiting. However, these side effects are usually mild and can be managed by adjusting your dosage or discontinuing use.
5. Spirulina may interfere with your current prescription medicines.

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Spirulina Capsules”

► **Question 6: Who cannot use “Spirulina Capsules”?**

- Not to be used by pregnant, lactating women.
- People with autoimmune disease.
- Children under the age of 16.
- See answer to Question 5.

► **Question 7: Is “Spirulina Capsules” approved by the Medical & Health Authorities?**

NO, it is a 100% herbal and natural product. It is absolutely the client’s own decision to follow the pharmaceutical route, or the natural route. Read our full Disclaimer on our website: www.dianas.co.za

NB: Important to consult your own Medical Doctor and/or Oncologist prior to using “Spirulina Capsules”

► **Question 8: What is the required dosage:**

- Adults may take 2-4 capsules per day, best time to take is at bedtime, no less than 2 hours before or 2 hours after chronic medication.

- Do not exceed this dosage

- Not to be used by children under the age of 16 years.

- Important to consult your own Medical Doctor and/or Oncologist prior to using “Spirulina Capsules”

► **Question 9: Is “Spirulina Capsules” addictive or habit forming?**

NO

► **Question 10: Will you experience any withdrawal symptoms when quit using “Spirulina Capsules”?**

NO

► **Question 11: How soon after I start using “Spirulina Capsules” will I notice a difference?**

Some people may experience the benefits immediately, or after several days. In some cases, it may take longer.

► **Question 12: What is the shelf life of “Spirulina Capsules”?**

The shelf life is +/- 1 year from the date of purchase.

Important to store your “Spirulina Capsules” away from heat and direct sunlight.