

Ingredients

Organic Spirulina

Usage

Serving size & Suggested Use

Powder – Take 1 teaspoon (5g) daily. Mix with water, juice or a protein shake, or add it into your porridge or a yoghurt.

Tablets - 3-6 tablets daily with water.

Do not exceed recommended daily intake

Servings per container:

Powder – 20 (x5g) servings

Tablets – Dependent on use

Storage: Store in a cool, dry place