



Date: 23/01/2013
Customer: LIFESTREAM

Operator: MARTIN

DEDICATED TO INNOVATION.

Label Size: 87 mm Across web 235 mm Around Special Radius corners
Description: Spirulina P200 GLIFE3085D-C
Colours used: DIE LINE DOES NOT PRINT

CYAN MAGENTA YELLOW BLACK Die line

GLOSS LAMINATE

YOUR LABELS WILL
BE SUPPLIED
IN THE FORMAT
INDICATED BELOW



NATURAL NUTRITION
Spirulina, a microscopic fresh water plant, could well be the perfect food and the most natural way to maintain your wellbeing.

Why Choose Lifestream Bioactive Spirulina?
Lifestream Bioactive Spirulina contains a concentration of nutrients including protein, chlorophyll and unique phytonutrients. Spirulina is a vegetarian source of naturally occurring iron, which contributes to normal formation of red blood cells and haemoglobin and to normal energy yielding metabolism. Iron also contributes to normal function of the immune system and cognitive function.

Guaranteed Premium Quality Spirulina
Lifestream Bioactive Spirulina is a superior strain, hand picked for its purity and nutritional potency from many varieties worldwide. Spirulina is ecologically grown, it is free of herbicides, pesticides, GM free and suitable for vegetarians and vegans.

DON'T SETTLE FOR ANYTHING LESS!

Best before (end):

Packaged in New Zealand from imported Ingredients.
Lifestream International Ltd, 24 Kawana St, Northcote, PO Box 1374, Auckland 1140, New Zealand. www.lifestream.co.nz

Distributed in the United Kingdom by: Planet Health, 1 Tithe Barn, Barnsley, Cirencester, GL75EG, United Kingdom. www.planethealth.co.uk

DO NOT USE IF CAP SEALS ARE MISSING OR BROKEN

Store below 30°C. Keep dry and tightly sealed.
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lifestream

BIO ACTIVE

Spirulina

Natural Food Supplement - Powder 200g net

Best before and storage - see left panel

INGREDIENTS: Premium Spirulina Powder - 100%.
We will not compromise on the quality of our Spirulina.

NUTRITION INFORMATION	
Servings per package: 66	
Serving size: 3g (1 level teaspoon)	
Energy	47kJ
Protein	11kcal
Fat, total	1.95g
-saturated	0.2g
Carbohydrate	0.1g
-sugars	0.4g
Dietary Fibre	0.05g
Sodium	0.2g
Iron	26mg
GLA	2.95mg (21% RDA*)
Chlorophyll	37mg
Phycocyanin	33mg
	498mg

RDA* = recommended daily allowance
All values specified above are averages

SERVING SUGGESTIONS: (Spirulina can be taken all at once or with each meal).

Adults: Starting up (first week): 1/2 teaspoon daily.
For maintenance: 1 teaspoon daily.
Optimum Nutrition/Special Uses: 3 teaspoons daily or more as advised.

Basic Smoothie recipe for one - add 1 cup of tropical fruit juice, 1 tsp Spirulina, 1/3 of a banana and blend until smooth, Or simply shake Spirulina and juice together.

Discontinue use if adverse reactions occur. Keep out of reach of children.
Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a healthy and balanced diet.

PLEASE NOTE

The barcode on this proof is outside the GS1 General Specifications for the following reason(s):

Reason

Truncation

If you wish to modify the barcode to meet this specification, please state as a correction. Hally Labels will then submit a new proof for approval. If you do not wish to make any changes to the barcode, please sign and return the proof. If any barcode accepted on the final proof is outside the GS1 General Specifications, Hally Labels will not accept any responsibility for issues from the non-compliance.

100% Undistorted

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