

Product Quality:

- 100 % natural
- no contamination with heavy metals*
- free of herbicides/pesticides*
- microbiologically clean*

[You will find further important quality details on our quality page!](#)

Product Information:

SpiruComplex supplies the body with the trace elements chromium, zinc and selenium on a food base* **100 % natural.**

- well-dosed mixture of SpiruChromium, SpiruZinc and SpiruSelenium
- easy to digest, very compatible
- contains natural amino acids, gluconates, B-vitamins etc. for an ideal absorption and utilisation of trace elements

Pharmaceutical Form: 400 mg tablets with approx. 500 mcg zinc, 15 mcg selenium and 14 mcg chromium per tablet

Ingredients: Spirulina platensis microalgae powder (100 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, coloring and fillers
- contains no iodine

* Product analysis on the back

SpiruComplex 3 in 1

Spirulina platensis microalgae with higher natural chromium, zinc and selenium - food supplement

Sanatur

• to provide the body with naturally bound trace elements ⁽⁴⁾

- able to support the increase of the thymus power during and after a cancer therapy ^{(3) (4) (6)}
- able to support the removal of harmful substances and detoxification during and after a cancer therapy ^{(3) (4)}
- able to support the enhancement of the immune system ^{(1) (3) (4) (5) (6)}
- able to support thyroid function ^{(3) (6)}
- supportive in case of fatigue and absence of appetite
- accompanying during menopause ⁽³⁾

minimum 6 months

minimum 6 months

permanent consumption

permanent consumption

permanent consumption

permanent consumption

SpiruComplex unifies the three essential trace elements, selenium as an antioxidant, chromium as a metabolic catalyst and zinc.



- Persons with an increased need for chromium, zinc and selenium (seniors, alcohol addicts as well as persons with added environmental stresses and strains)
- Persons with one-sided food patterns (vegan food, reduced protein absorption)
- Adults
- Children and teenagers



Adults, Teenagers: 1 - 2 tablets to swallow before meals, spread over the day with a lot of liquid.

Children: 1 tablet see above (dissolve tablets for small children in liquid)

There were no incompatibilities found.⁽⁴⁾

Important: In case of thyroid hyperfunction or when thyroid hormones are regularly used, only consume after agreement with a therapist.



SpiruComplex can be combined with all products of Sanatur. Especially beneficial is the combination with OrganicSpirulina, Q₁₀ as well as homeopathic medicines.⁽⁴⁾



(1) survey: immunological influence of Zink-Spirulina at children and adults with loss of hair (alopecia) 10/2000; (2) application studies: Acne inversa is positively influenced by the use of Spirulina 7/2005; (3) according to the compendium for physicians and pharmacists „Orthomolecular medicine“ - author Uwe Gröber; (4) experience values of the Sanatur survey with therapists 2001; (5)decontamination of heavy metals with microalgae Spirulina platensis 5/2000;(6)immune corrective influence of Spirulina platensis as daily food supplement and environmental stress 10/1997