

## 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:

**SpiruManganese** provides the body with the trace element manganese on a food base - **100 % natural**.

- manganese is not added afterwards but is naturally absorbed during the growth of spirulina
- easy to digest, very compatible
- contains natural amino acids, copper, biotin etc. for an ideal absorption and utilisation of manganese

**Pharmaceutical Form:** 400 mg tablets with 400 mcg natural bound manganese 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](#)

# SpiruManganese

Sanatur

*Spirulina platensis microalgae with naturally higher manganese - natural food supplement*

## • to provide the body with naturally bound manganese <sup>(3)</sup>

- *can support the absorption of calcium in case of osteoporosis <sup>(3)</sup>*
- *accompaniment in case of diabetes mellitus and metabolic syndrome, epilepsy <sup>(3) (4)</sup>*
- *accompaniment in case of rheumatic arthrosis <sup>(3)</sup>*
- *supportive when not enough manganese is absorbed by alimentation e.g. in case of food which is rich in sugar, fat and plain flour, phosphatic food or high consumption of alcohol <sup>(3)</sup>*
- *supportive in case of discomfort during menopause, prostration <sup>(4)</sup>*

*permanent consumption  
permanent consumption  
permanent consumption*

*permanent consumption  
permanent consumption*

Manganese is an essential part of important enzyme systems of carbohydrates, protein and lipometabolism. It mainly takes part in building connective tissue, chondral and bone-tissue as well as in the uric acid metabolism (detoxification of ammonia). As a co-factor manganese activates several enzymes e.g. the superoxide dismutase, which acts as an antioxidant.



- Persons with onesided food patterns (food which contains a lot of sugar, plain flour, phosphate)
- Persons with an increased need for manganese (alcohol addicts as well as persons with osteoporosis, depression, epilepsy and contaminated with heavy metals)
- Adults
- Children and Teenagers



**Adults, Teenager:** 2 - 5 tablets to swallow before meals, spread over the day with a lot of liquid.

**Children:** 1 - 2 tablets see above (dissolve tablets for small children in liquid)

There were no incompatibilities found.<sup>(4)</sup>

**Important:** Manganese is able to enforce the blood sugar lowering of insulin. Manganese should not be used in case of hepatitis and cirrhosis of the liver.<sup>(3)</sup>



SpiruManganese can be combined with all products of Sanatur except SpiruZinc as well as Spirulron. Do not use it together with calcium, iron, zinc and phosphate; min. 2 h gap.



<sup>(3)</sup>according to the compendium for physicians and pharmacists „Orthomolecular medicine“ - author Uwe Gröber; <sup>(4)</sup> experience values of the Sanatur survey with therapists2001