



**Guidelines for Using Ancient Sun
CRYSTAL MANNA™ Products**

Flakes—1 heaping tsp.
Crystals—1 level tsp.
Capsules—4 capsules
Tablets—5 tablets

Supplement Facts

Serving Size: 1.6g
Servings Per Container: Varies

	Amount Per Serving	% Daily Value
Protein	960 mg	<2%
Vitamin A	3520 IU	56%
Vitamin B12	5.7 mcg	95%
Vitamin E	.5 IU	2%
Vitamin K	64 mg	64%
Calcium	19 mg	3%
Thiamine	48 mcg	3%
Riboflavin	5.5 mcg	3%

Ingredients: 100% certified organic
Aphanizomenon-flos aquae (AFA).

Adults — Take with 12 oz. of pure water. You may wish to begin with a smaller amount and slowly work up to the recommended serving over several weeks, then increase it as desired.

Children under 12 — use 50% of the recommended amounts

Limit intake after 6:00 p.m. as it may cause sleeplessness.

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Guidelines for Using Ancient Sun BLUE MANNA™ Products

Capsules — 2 capsules
Powder — 1/3 tsp.

Supplement Facts

Serving Size: .8g
Servings Per Container:
Varies

	Amount Per Serving	% Daily Value
Protein	480 mg	<2%
Vitamin A complex (beta-carotene)	2000 IU	40%
Vitamin K (from cyanophyta)	30 mcg	40%
Phycocyanin	100 mg	*
Phenylethylamine	8 mg	*

*Percent daily value not established

Ingredients: Proprietary blend of 100% certified organic Phycocyanin and PEA (Phenylethylamine).

Adults — Take with 12 oz. of pure water. You may wish to begin with a smaller amount and slowly work up to the recommended serving over several weeks, then increase it as desired.

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Powder — 1/3 tsp.

Supplement Facts

Serving Size: .8g
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Vitamin K (from cyanophyta)	30 mcg	40%
Phycocyanin	100 mg	*
Phenylethylamine	8 mg	*

*Percent daily value not established

Ingredients: Proprietary blend of 100% certified organic Phycocyanin and PEA (Phenylethylamine).

Adults — Take with 12 oz. of pure water. You may wish to begin with a smaller amount and slowly work up to the recommended serving over several weeks, then increase it as desired.

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