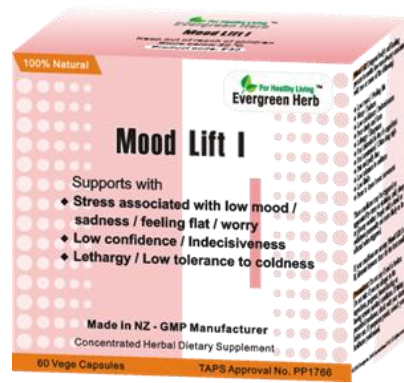


# Evergreen Herb Formulas Help with Tiredness/Fatigue



**Solution**

Tiredness caused by low mood, sadness: Low mood, feeling flat; Worry, sadness; Low confidence, indecisiveness; Poor clarity and focus; Lethargy, sleepiness; Distension in the rib cage/chest; Pale and puffy face; Low tolerance to coldness; Prone to loose bowel movement.



**Solution**

Tiredness caused by low immune system: Lymph nodes discomfort; Feeling of heavy eyelids, sleepiness; Tense and stiff muscle and joints; Poor focus; After flu; Low immunity.



**Solution**

Chronic tiredness associated with any of the following: Restlessness, over confidence; Low stamina, easily exhausted; Low tolerance to heat, hot feeling and sweaty night; Dry skin, lips, eyes, hair and easily thirsty; Light sleep, wake up early; Prone to hard stools; Ear ringing.



**Solution**

Tiredness associated with any of following: Bloating/burping, especially after cold foods or drinks; Prone to loose bowel movement; Poor digestion; Stomach acid imbalance relieved by warmth and pressing.



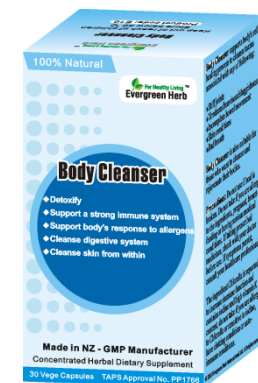
**Solution**

Chronic tiredness associated with any of the following: Tiredness, lack of fitness with loose tummy; Dull complexion with eye bags and dark circles; Frequent yawning, sleepiness; Low tolerance to coldness, feeling cold especially the extremities, lower back or abdomen; Low mood; Low confidence; Dribbling urine.

## Causes of Tiredness/Fatigue

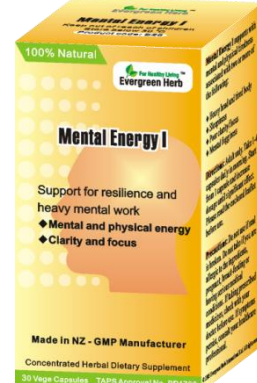
Tiredness caused by toxin accumulation: Stiff joints; Tiredness, heaviness, sluggishness; Incomplete bowel movement; Skin conditions; Bad breath.

**Solution**



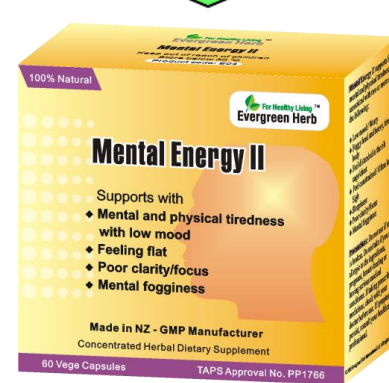
Mental and physical tiredness associated with any of the following: Poor clarity, focus; Foggy head; Heavy head and tired body; Sleepiness.

**Solution**



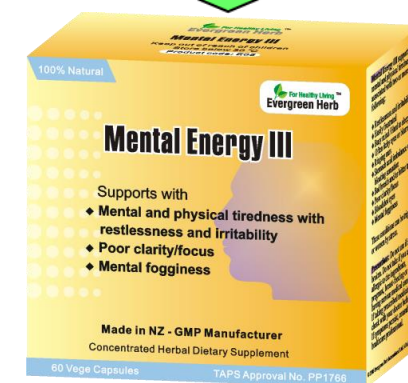
Mental and physical tiredness associated with any of the following: Low mood, worry; Feeling flat; Foggy head and heavy, tired body; Feel distended in the rib cage/chest; Feel constrained, often long sigh; Sleepiness; Poor clarity, focus.

**Solution**



Mental and physical tiredness associated with any of the following: Anxiousness; Restlessness, easily frustrated; Busy mind, hard to sleep; Tension and stiffness in head, often with itchy eyes or blurred vision; Blood shot eyes; Stomach acid imbalance and/or bad breath/bitter taste; Poor clarity/focus; Foggy head; Ringing ears.

**Solution**



**Notes:** 1. **Fatigue-free** is not for general tiredness but for low immune system, especially after flu. 2. Tiredness varies due to different causes, use different formulas according to the group of conditions. 3. Please see product leaflet for dosage and course for each herbal formula.