

You may need to read this leaflet again. Please do not throw it away until you have finished the herbal product.

Better Digestion

Supports the body's self-healing process to soothe two or more of the following:

- ◆ Bloating/burping, especially after cold foods/drinks or raw vegetables
- ◆ Prone to loose bowel movement
- ◆ Poor digestion
- ◆ Tiredness
- ◆ Stomach acid imbalance relieved by warmth and pressing

Usage guideline for Better Digestion:

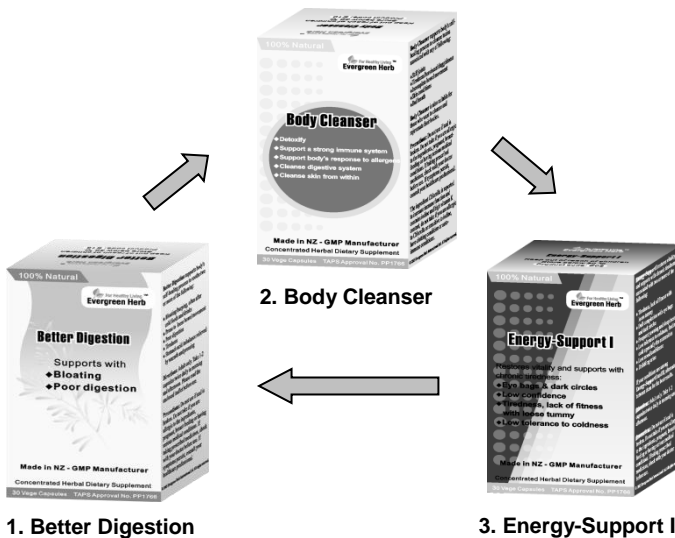
Take 1-2 capsules twice daily in the morning and afternoon. If there is no significant benefit, increase to 2-4 capsules until there is a stable effect, then revert to 1-2 capsules.

If you have tension related conditions, alternate between **Tension-free I (II)** or **Inner-calm I (II)** and **Better Digestion**. If you have chronic tiredness, alternate between **Energy-Support II** and **Better Digestion**. Refer to leaflets of **Tension-free I (II)**, **Inner-calm I (II)** and **Energy-Support II** for details.

Course: One to two months.

Holistic strategy to target stubborn conditions or to stabilize the best results:

If you have bloating and poor digestion associated with two or more of the following: tiredness, sluggishness, low tolerance to cold, feeling cold especially the extremities, incomplete bowel movement, stiff joints, tense/sensitive/hot feeling muscles, take the following steps to target the causes for the best result:



Alternate between the three formulas above (each for 5 days). Continue the cycle for two to three months, and then take a one to two month break before starting the next course if needed.

Health tips:

- Avoid over-eating, especially greasy food/meat. Avoid eating in hurry, or doing something else while eating.
- Keep warm (living environment and clothing). Avoid cold drinks/milk/foods.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

Disclaimer: The content in this leaflet is provided solely for purpose of educating customers, and is not intended to replace the diagnosis, prescription, prevention & treatment of individual conditions by a medical professional. It should NOT be used as a substitute for the advice of a medical professional. If symptoms persist, please seek medical advice.