

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

Body Cleanser

- ◆ Cleanse digestive system ◆ Detoxify ◆ Cleanse skin from within ◆ Support a strong immune system ◆ Support body's response to allergens ◆ After cold/influenza

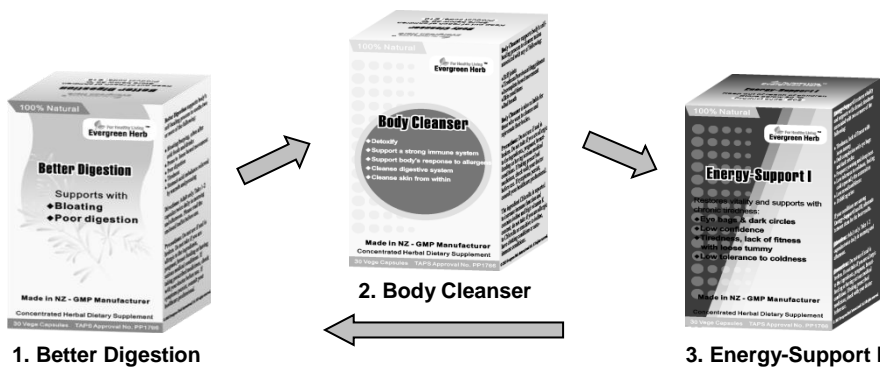
Body Cleanser is also suitable for those who want to cleanse and rejuvenate their bodies.

Usage guideline for Body Cleanser:

Take 1-2 capsules twice daily 1-2 hours after breakfast and dinner.

Course: 7-15 days every two to three months if using the **Body Cleanser** alone.

If you have tiredness, sluggishness, stiff joints and sore muscles associated with two or more of the following: bloating especially after cold foods/drinks/dairy products or raw vegetables, poor digestion, prone to loose bowel movement, low tolerance to cold and feeling cold especially the extremities, take the following **long-term holistic strategy** 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 month break before starting the next course if needed.

After finishing **Body Cleanser**, you may continue with one of the following **Body Cleanser** related products for wellbeing maintenance:



Special precautions:

The ingredient Chlorella is reported to increase immune function and contains iodine and high vitamin K content, do not take if you are allergic to Chlorella or sensitive to iodine, have clotting condition or auto-immune conditions.

Health tips:

- Drink a healthy amount of water while taking **Body Cleanser**.
- Avoid consumption of fatty, deep-fried and sugary foods. Avoid over-eating.
- 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.