

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

Energy-Support I

Restores vitality and supports with chronic tiredness associated with two or more of the following:

- ◆ Tiredness, lack of fitness with loose tummy
- ◆ Dull complexion with eye bags and dark circles
- ◆ Frequent yawning and sleepiness
- ◆ Low tolerance to cold, feeling cold especially the extremities, lower back and abdomen
- ◆ Dribbling urine
- ◆ Low mood/confidence

Usage guideline for Energy-Support I:

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.

Course: One to two months. Take a one month break before starting the next course if needed.

For the best result, the following **long term holistic strategy** is recommended:



One package of **Body Cleanser** formula should be used before taking **Energy-Support I** and **II**. Then take **Energy-Support I** after breakfast and **Energy-Support II** after dinner. Repeat this cycle for two months and then take a one to two month break. Restart next course beginning with **Body Cleanser** if needed.

Special precautions:

- This formula is not suitable for those who have tendencies of tension/restlessness/irritability associated with any of the following: easily angered, temperature swings/often tender red/hot face, bloodshot eyes, bitter taste or hard bowel movement.

Health tips:

- Keep warm (living environment and clothing).
- Avoid cold drinks/milk/foods.
- Do regular but not excessive physical exercise, slightly sweating enough.
- Drink a healthy amount of water while taking **Energy-Support I**.

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.