

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

## Energy-Support II

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

- ◆ Restlessness / Over confidence / Easily exhausted ◆ Temperature swings, often tender red face
- ◆ Low tolerance to heat ◆ Dry skin/lips/eyes/hair, easily thirsty ◆ Light sleep / Wake up early
- ◆ Prone to dry stool ◆ Ear ringing

### Usage guideline for Energy-Support II:

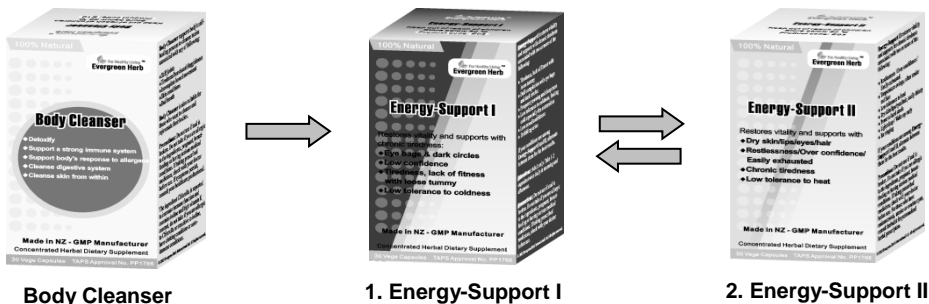
Take 1-2 capsules twice daily after breakfast and dinner. If there is no significant benefit, increase to 2-4 capsules until there is a stable effect, then revert to 1-2 capsules.

For long-term use (>1 month continuous use), it is recommended to alternate **Energy-Support II** (7 days) with **Better Digestion** (2 days) and repeat this cycle for one to two months.

For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalized herbal prescriptions.

**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** 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 the next course beginning with **Body Cleanser** if needed.

### Health tips:

- Do regular but not excessive physical exercise, slightly sweating enough.
- Drink a healthy amount of water each day.
- Keep peaceful mind, do not over-extend yourself.

*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.*