

It is advised that customers always carefully read the product labelling and the enclosed leaflet regarding suitability, dosage, courses and precautions before using any herbal products. The following are some general points to know.



General precautions while taking herbs:

- Do not use if seal under cap is broken.
- Do not take if you are allergic to the herbal ingredients, pregnant or breastfeeding.
- Do not simultaneously take more than one herbal product. If it is necessary to take different products for different conditions, make sure that one herbal product is stopped before taking another, except where we recommend otherwise.
- Follow the course of each herbal product and take a break before starting the next course, see enclosed leaflet for details.
- Temporarily discontinue use during a cold, flu, menstruation or if a new condition arises. Restart use after the conditions have passed.
- To avoid interference with each other, do not use another brand of herbal products except for vitamins and minerals during the course of Evergreen Herb™ products.
- In the case taking prescribed medicines, check with your doctor before the use of herbal products. In general, allow at least 2 hours between taking an herbal product and any other medication.
- If condition persists, please discontinue use and seek professional medical advice.

Avoid the following when taking herbs:

- * Coffee or tea being used instead of water to take the herbs.
- * Not enough amount of water each day.
- * Overconsumption of fatty, deep-fried, spicy and sugary foods.
- * Often going to bed late.
- * Caffeinated drinks in the evening.
- * Over-eating/working or overextending yourself.
- * Excessive or no physical exercise.