

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

Fatigue-free

Supports the immune system and soothes fatigue associated with two or more of the following:

- ◆ Lymph nodes discomfort
- ◆ Feeling of heavy eyelids and sleepiness, tiredness
- ◆ Heavy, tired body and stiff joints
- ◆ Poor focus
- ◆ Low immunity
- ◆ Virus infection history such as glandular fever or cold/flu

This formula also supports people who are recovering from radio/chemotherapy.

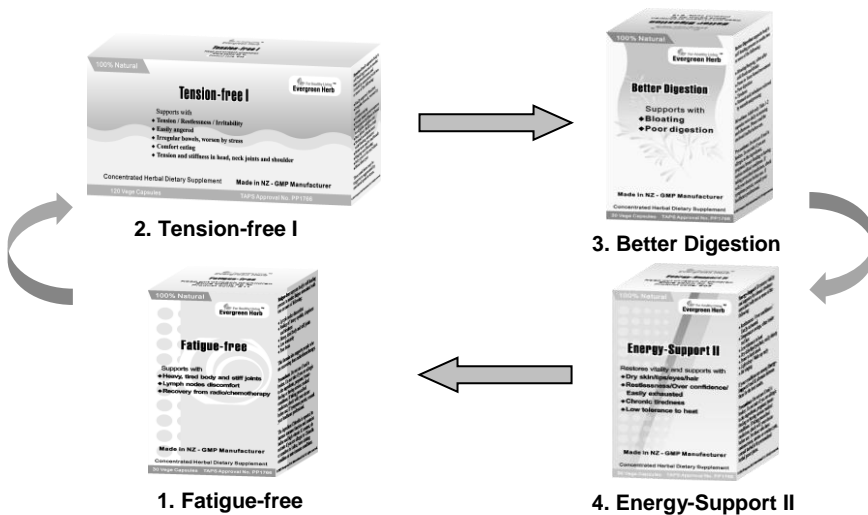
Usage guideline for Fatigue-free:

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

Course: 1-2 weeks. Take three weeks to one month break before starting next course if needed.

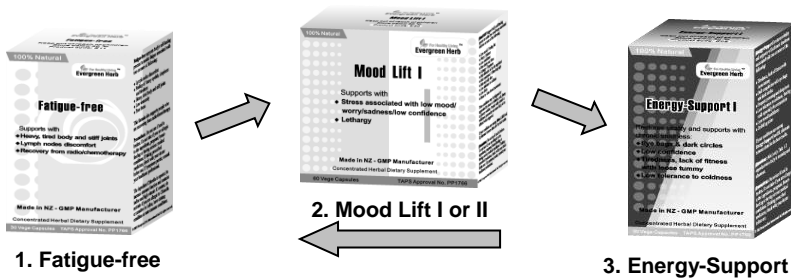
To target the causes and stabilize the result, Fatigue-free should be used together with other formulas.

For those who have fatigue associated with tension, restlessness and irritability:



Alternate the four formulas above (each for 10 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

For those who have fatigue associated with low mood/worry/sadness:



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

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 and have a good rest while taking **Fatigue-free**.

Disclaimer: The information contained in this leaflet is provided for the sole purpose of educating our customers in order for them to become knowledgeable consumers, and is not intended to replace the diagnosis & treatment of individual conditions by a medical professional.