

You may need to read this leaflet again. Please do not throw it away until you have finished the herbal product. Each individual formula in this product can be purchased separately.

Good Sleep I Supports with poor sleep and stomach acid imbalance associated with two or more of the following:

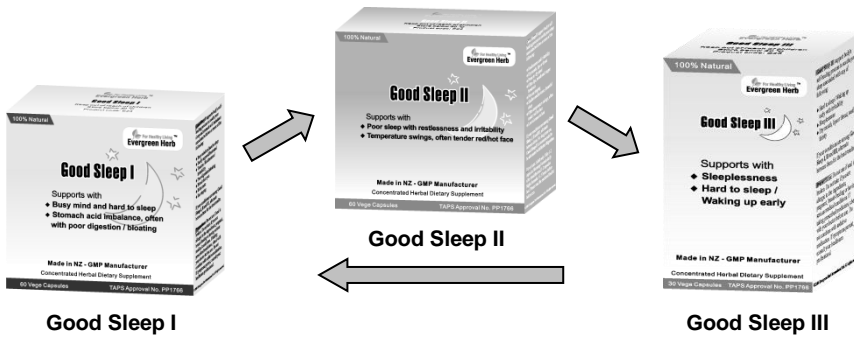
- ◆ Busy mind and hard to sleep
- ◆ Tension / Irritability / Restlessness
- ◆ Easily angered/frustrated
- ◆ Ear ringing
- ◆ Bloating / Poor digestion
- ◆ Bitter taste
- ◆ Bloodshot eyes

Usage guideline for Good Sleep I:

Adult only. Take 1-2 capsules of Morning Formula daily after breakfast and 1-2 capsules of Night Formula after dinner. If there is no significant benefit, increase to 2-4 capsules until there is a stable effect, then revert to 1-2 capsules.

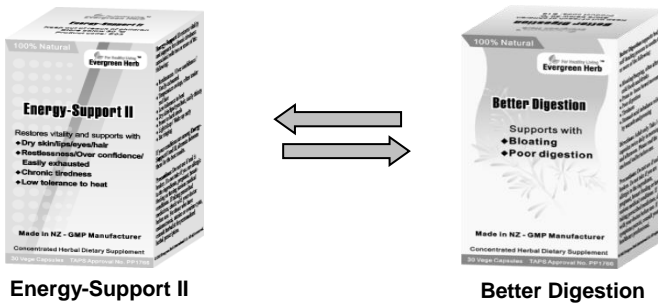
Course: One to two months. Take a one month break before starting the next course if needed.

If your conditions are among **Good Sleep I, II and III**, alternate between them for the best results:



Alternate the above three formulas (each for 5 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed. If there is poor digestion/ bloating/loose bowel movement, take **Better Digestion** first.

To maintain your good sleep quality after finishing the course of above cycles:



Alternate **Energy-Support II** (7 days) with **Better Digestion** (2 days) and repeat this cycle for one to two months, and then take a one to two-month break before starting the next course if needed.

Special precaution:

- Do not combine with or replace sedative medication.

Health tips:

- Take a relaxing 15-minute walk before bed.

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.