

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 II Supports with poor sleep associated with two or more of the following:

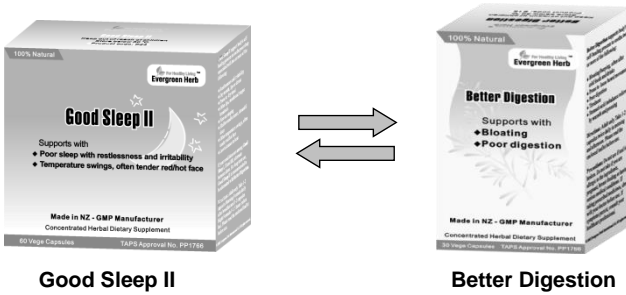
- ◆ Restlessness and irritability
- ◆ Dry mouth, lips or throat
- ◆ Prone to dry stool
- ◆ Often lips, mouth and tongue breakouts
- ◆ Fine ear ringing
- ◆ Shallow and/or tense, dreamful sleep
- ◆ Often temperature swings, often tender red/hot face and sweaty night
- ◆ Low tolerance to heat

Usage guideline for Good Sleep II:

Adult only. Take 1-2 capsules of Morning Formula daily after breakfast and 1-2 capsules of Night Formula 1-1.5 hours before bed. 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 long-term use (>2 weeks continuous use), **Good Sleep II** should be alternated with **Better Digestion**:



Alternate **Good Sleep II** (5 days) with **Better Digestion** (2 days), and repeat the cycle until there is a significant benefit.

If your conditions are among **Good Sleep I, II and III** or in stubborn cases, it is recommended to alternate between **Good Sleep I, II and III**:



Alternate the three formulas above (each for 5 days). Continue the cycle for two to three 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.

Special precautions:

- Do not combine with 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.