

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

Good Sleep III Supports with poor sleep associated with two or more of the following:

- ◆ Hard to sleep / Waking up early with irritability
- ◆ Sleeplessness
- ◆ Dry mouth, lips or throat, easily thirsty

Usage guideline for Good Sleep III:

Adult only. Take 1-4 capsules 1-1.5 hours before bed. Start from 1 capsule and increase the dosage until there is a significant effect.

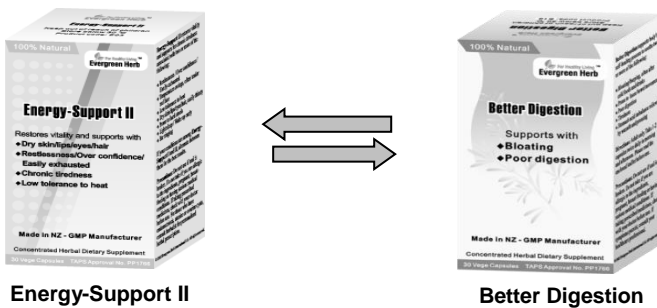
Course: One to two months. Take a one month break before starting the next course if needed.

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 precautions:

- 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.