

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 IV Supports with poor sleep and mental/physical tiredness associated with any of the following:

- ◆ Restless and shallow sleep / Wake up often
- ◆ Tension / Irritability with heavy, tired head
- ◆ Poor clarity/focus
- ◆ Mental fogginess

Usage guideline for Good Sleep IV:

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 significant effect, then revert to 1-2 capsules.

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

Long-term holistic strategy to maintain good results from **Good Sleep IV**:



Take one package of **Body Cleanser** first. Then take **Energy-Support I** after breakfast and **Energy-Support II** after dinner. Repeat this cycle until there is a significant effect. Then take a one month break before starting the next course from **Body Cleanser** if needed.

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.