

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

Inner-calm I Supports the body's self-healing process to soothe restlessness and irritability with two or more of the following:

- ◆ Easily angered/frustrated / Tension
- ◆ Tension and stiffness in head, neck joints and shoulder
- ◆ Impatience / Comfort eating
- ◆ Sweaty hands or nervousness
- ◆ Itchy, blurred, bloodshot eyes
- ◆ Ear ringing/buzzing
- ◆ Busy mind / Hard to sleep
- ◆ Stomach acid imbalance with bloating sensation
- ◆ Bad breath / Bitter taste

These conditions may be triggered or aggravated by emotional upset or stress.

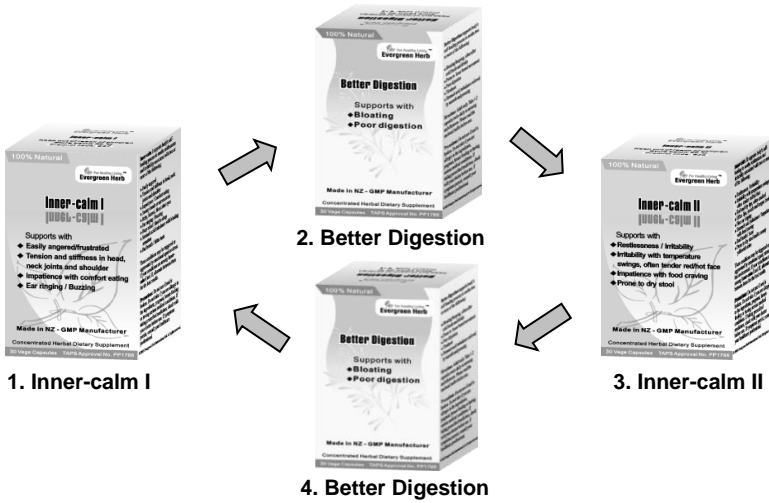
Usage guideline for Inner-calm I:

Adult only. Take 1-2 capsules twice daily after breakfast and dinner. If there is no significant benefit, increase to 2-3 capsules until there is a stable effect, then revert to 1-2 capsules.

For long-term use (>3 weeks continuous use), **Better Digestion** is recommended to be used to aid **Inner-calm I**. Alternate **Inner-calm I** (5 days) with **Better Digestion** (2 days). Repeat this cycle.

Course: 1-2 months. Take a one month break before starting the next course if needed.

If your conditions are among **Inner-calm I** and **II**:



Alternate between **Inner-calm I, II** (each for 7 days) and **Better Digestion** (3 days) until there is a significant effect. Then take a one month break before starting the next course if needed.

Long-term holistic strategy to maintain good results from **Inner-calm I** and **II**:



Take one package of **Body Cleanser** first, and 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 few deeply inhaling and long exhaling breaths when you are feeling flat or stressed.
- Do regular physical exercise, slightly sweating enough.

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.