

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

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

- ◆ Restlessness / Irritability / Worry
- ◆ Irritability with temperature swings, often tender red/hot face and sweaty night
- ◆ Red and dry lips, often cracked
- ◆ Often lips, mouth and tongue breakouts
- ◆ Fine ear ringing
- ◆ Stomach acid imbalance / Impatience with food craving
- ◆ Bad breath/dry mouth
- ◆ Low tolerance to heat
- ◆ Prone to dry stool and/or scanty yellowish urine
- ◆ Acne

These conditions can be triggered or aggravated by emotional upset, stress or hot environment.

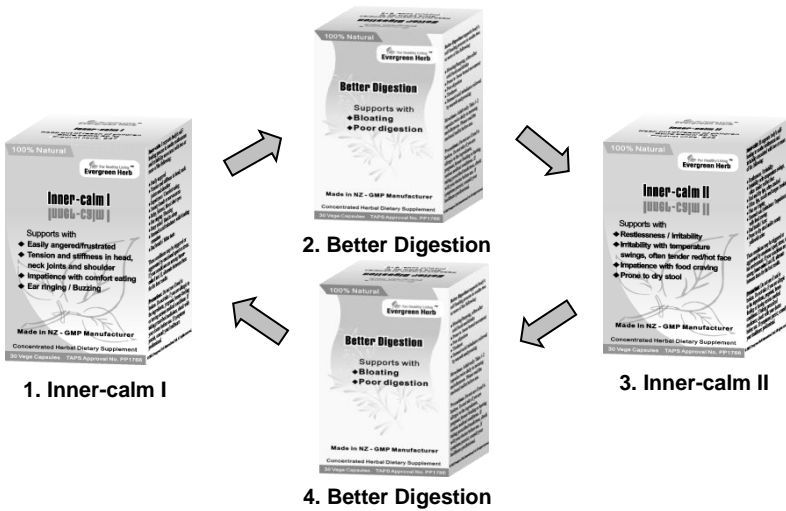
Usage guideline for Inner-calm II:

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

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

Course: 2 weeks to 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** and **II** (each for 7 days) and **Better Digestion** (3-5 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. 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.

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.