

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

**Joint Guard** Supports the body's self-healing process to soothe any of the following:

- ◆ Stiff, weak and tired joints
- ◆ Lack of fitness/strength
- ◆ Stiff, weak and tired lower back/legs/neck
- ◆ Vulnerability to injury
- ◆ Difficult recovery from injuries
- ◆ Joints worn by excessive exercise or heavy physical work

**Usage guideline for Joint Guard:**

Adult only. Take 1-2 capsules twice daily soon after breakfast and dinner. If there is dry or non-smooth stool, take 1-2 capsules of **Joint Guard** soon after breakfast and 1-2 capsules of **Energy-Support II** after dinner. After getting good result, take 1-2 capsules daily soon after breakfast for long-term maintenance.

**Course:** One to two months. Take a one-week break after the use of every two packages. Restart the next course if needed.

**For the best result, take Body Cleanser between the courses of Joint Guard.**

The chronic joint conditions and poor sleep are often worsened by each other, in this case, take the following holistic way:



Alternate **Joint Guard** with suitable **Good Sleep** formulas when necessary.

Stress/tension/restlessness are one of the causes of the stubborn joint conditions. For a long-term strategy, after joint conditions are reduced, it is recommended to target stress/tension conditions as well as joint conditions.

For joint conditions associated with tension / restlessness / irritability:



Alternate **Joint Guard** (10 days) with **Tension-free I or II**, or **Inner-calm I or II** (10 days).

For joint conditions associated with low mood / worry / sadness:



Alternate **Joint Guard** (7 days) with **Mood Lift I or II** (5 days).

**Health tips:**

- Drink a healthy amount of water while taking **Joint Guard**.
- Do regular but not excessive physical exercise, slightly sweating enough.
- Avoid heavy physical work or heavy loads on joints.

*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.*