

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.

Meno-ease Supports the body's self-healing process to soothe menopause conditions with two or more of the following:

- ◆ Mood swings ◆ Temperature swings, often tender red/hot face ◆ Poor sleep ◆ Dry skin/lips/eyes
- ◆ Low tolerance to heat or coldness ◆ Low stamina, easily exhausted

Usage guideline for Meno-ease:

Adult only. If there is severe hot feeling/sweating, take 2-4 capsules of Formula I only after breakfast and dinner until hot feeling/sweating reduced to moderate; if there is moderate hot feeling/sweating, take 1-2 capsules of Formula II after breakfast and 2-4 capsules of Formula I after dinner until hot feeling/sweating reduced to mild; if there is mild hot feeling/sweating or for long-term maintenance, take 1-2 capsules of Formula II after breakfast and 1-2 capsules of Formula I after dinner.

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

For a better result, take **Body Cleanser** every two to three months during the course of **Meno-ease**.

The people with menopause problems often have a poor quality of sleep, which worsen each other; therefore alternate **Meno-ease** with suitable **Good Sleep** formulas for better results:




Meno-ease ↔ **Good Sleep I** OR **Good Sleep II** OR **Good Sleep III**

Alternate **Meno-ease** with suitable **Good Sleep** formulas when necessary.

The hormone imbalance commonly triggers or causes stress/tension/mood swings that further worsens menopause conditions.


For those have menopause conditions associated with tension/restlessness/irritability:



Meno-ease ↔ **Tension-free I or II** OR **Inner-calm I or II**

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

For those have menopause conditions associated with low mood/worry/sadness:



Meno-ease ↔ **Mood Lift I** OR **Mood Lift II**

Alternate **Meno-ease** (7 days) with **Mood Lift I or II** (5 days).

Health tips:

- Do regular but not excessive physical exercise, slightly sweating enough.
- Keep relax and peaceful mind, do not over-extend yourself during taking **Meno-ease**.

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.