

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

Mental Energy I

Helps with resilience and heavy mental work. Supports those with mental and physical tiredness associated with two or more of the following:

◆Heavy head and tired body ◆Sleepiness ◆Poor clarity/focus ◆Mental fogginess

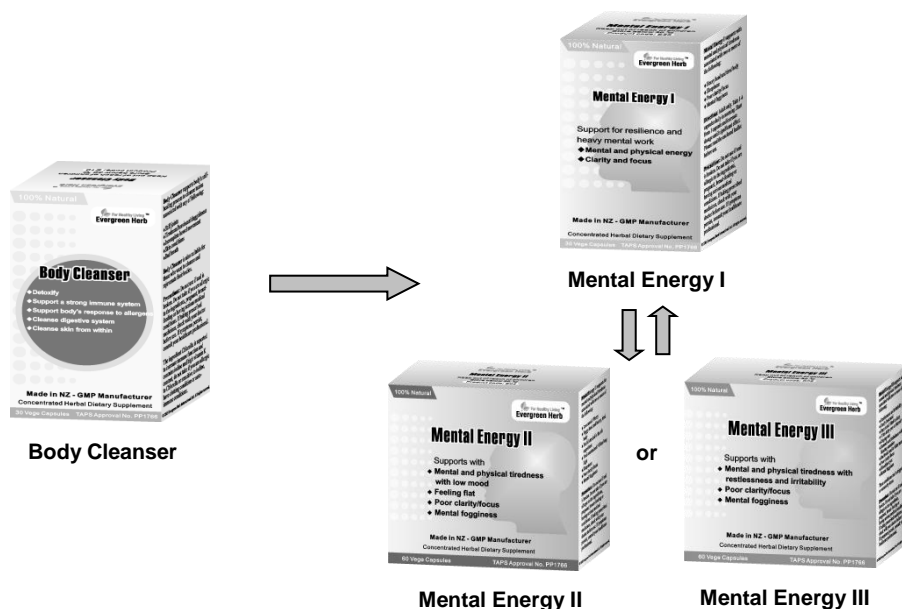
Usage guideline for Mental Energy I:

Take 1-4 capsules daily in the morning. Start from 1 capsule and increase the dosage until there is a significant effect.

For a better result, **Body Cleanser** is recommended to be used before taking **Mental Energy I**.

Course: One to two months.

For the best result, the following **long-term holistic strategy** is recommended:



Take one package of **Body Cleanser** first. If there is mental tiredness associated with low mood/worry/sadness, alternate **Mental Energy I** (5 days) with **Mental Energy II** (7 days) and repeat this cycle for one to two months, and then take a one to two months break. If there are signs of restlessness and irritability associated with mental tiredness, alternate **Mental Energy I** (5 days) with **Mental Energy III** (7 days) and repeat this cycle for one to two months, and then take a one to two month break.

Restart next course beginning with **Body Cleanser** if needed.

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.