

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.

## Mental Energy II

Supports with mental and physical tiredness associated with two or more of the following:

◆ Low mood/worry ◆ Feeling flat ◆ Foggy head and heavy, tired body ◆ Feel distended in the rib cage/chest ◆ Feel constrained / Often long sigh ◆ Sleepiness ◆ Poor clarity/focus ◆ Mental fogginess

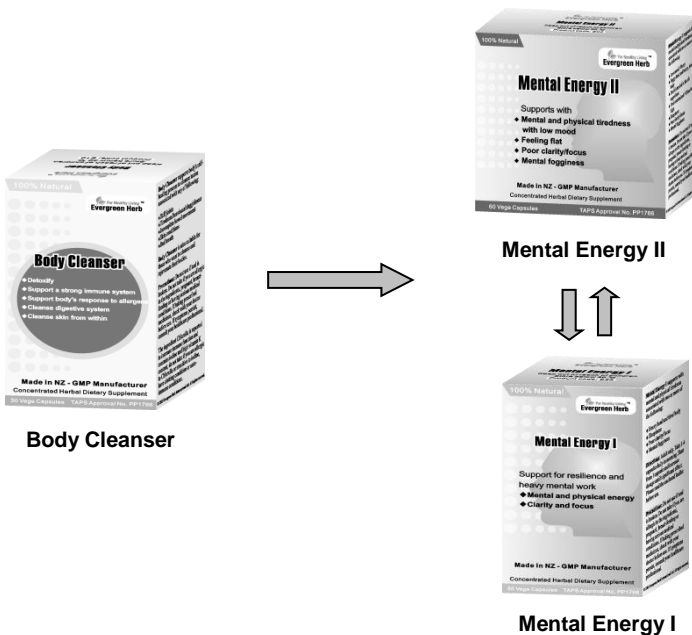
### Usage guideline for Mental Energy II:

Take 1-4 capsules of Formula I daily in the morning, starting from 1 capsule of Formula I and increase the dosage until there is a significant effect. Take 1-4 capsules of Formula II in the afternoon.

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

**Course:** One to two months.

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



Take one package of **Body Cleanser** first, and then alternate **Mental Energy II** (7 days) with **Mental Energy I** (5 days) and repeat this cycle. Continue the 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.*