

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.

Mood Lift I Supports the body's self-healing process to soothe low mood/worry/ low confidence associated with two or more of the following:

- ◆ Low mood/feeling flat
- ◆ Worry/sadness
- ◆ Low confidence / Indecisiveness
- ◆ Poor clarity and focus
- ◆ Lethargy / Sleepiness
- ◆ Feel distended in the rib cage/chest
- ◆ Feel constrained / Often long sigh
- ◆ Pale and puffy face
- ◆ Low tolerance to coldness
- ◆ Low libido
- ◆ Prone to loose bowel movement

These conditions can be triggered or aggravated by stress or isolation, cold, damp or gloomy weather. People with a timid or withdrawn personality are more likely to be affected when triggered.

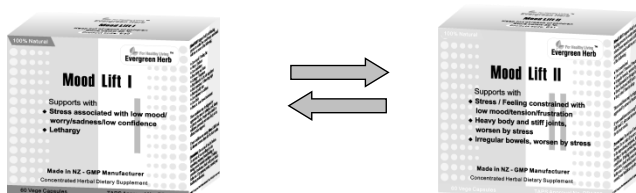
Usage guideline for Mood Lift I:

Adult only. Take 1-2 capsules of Formula I daily in the morning and 1-2 capsules of Formula II daily in the afternoon. If there is no significant benefit, increase to 2-4 capsules of Formula I and II until there is a stable effect, then revert to 1-2 capsules.

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

For a stubborn case of tension/low mood/worry/low confidence and associated conditions, use the long-term strategy described in the leaflet of **Relax Formula**.

If the conditions are among **Mood Lift I** and **II**, alternate between them for better results:

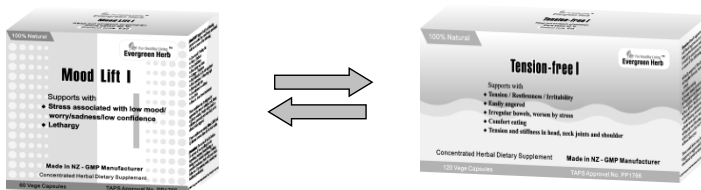


Mood Lift I

Mood Lift II

Alternate between **Mood Lift I** and **II** (5 days each). Continue the cycle until there is significant effect, and then take a one to two-month break before starting the next course if needed.

If there is tension/restlessness/irritability co-existing with low mood/worry, alternate **Mood Lift I** with **Tension-free I** for better results:



Mood Lift I

Tension-free I

Alternate **Mood Lift I** with **Tension-free I** (10 days each). Continue the cycle until there is a significant effect, and then take a one to two-month break before starting the next course if needed.

Health tips:

- Have a bright working and living environment (sunshine or well-lit areas).
- Incorporate ginger, onion or pepper in your diet.
- Avoid being in isolation or withdrawal. Avoid cold, damp and dark environment.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

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.