

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 II Supports the body's self-healing process to soothe stress related tense muscles and stiff joints associated with two or more of the following:

- ◆ Feel constrained ◆ Low mood / Tension / Frustration ◆ Irregular bowels, worsened by stress
- ◆ Feel distended in the rib cage/chest ◆ Tension and stiffness in head, neck joints and shoulder
- ◆ Busy mind / Hard to sleep

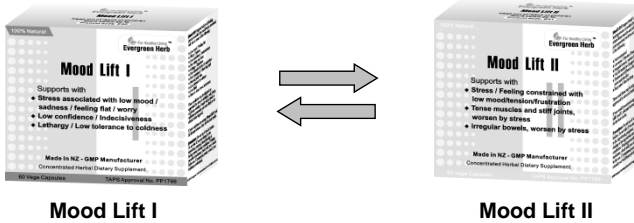
These conditions can be triggered or aggravated by stress or frustration.

Usage guideline for Mood Lift II:

Adult only. Take 1-2 capsules of Morning Formula after breakfast and 1-2 capsules of Night Formula daily after dinner. If there is no significant benefit, increase to 2-4 capsules until there is a stable effect, then revert to 1-2 capsules.

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

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



Alternate between **Mood Lift I** and **II** (5 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.

If there is poor sleep associated with conditions above, alternate **Mood Lift II** with **Good Sleep II** or **III** for better results:



Alternate between **Mood Lift II** and suitable **Good Sleep** formulas when necessary.

Special precautions:

- Do not combine with sedative medication.

Health tips:

- Take a few deeply inhaling and long exhaling breaths when you are feeling flat or stressed.
- Do regular physical exercise, slightly sweating enough.

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.