

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

PMT-ease Supports the body's self-healing process to soothe tension in premenstrual period associated with two or more of the following:

- ◆Mood swings ◆Breast discomfort ◆Bloating, irregular bowel movement ◆Menstrual discomfort in abdomen

Usage guideline for PMT-ease: Start this formula before menstruation and stop when menstruation begins.

Adult only. Take 1-2 capsules twice daily in the morning and afternoon. Do not take more than 4 capsules daily.

Course: When necessary. Take a one month break before starting the next course if needed.

Long term holistic strategy for a stubborn case of tension in the pre-menstrual period:



Start this cycle after menstruation. Alternate the five formulas above (each for 5 days). Stop this cycle when menstruation begins. This cycle will commonly finish just before menstruation begins, reduce the usage of **PMT-ease** if menstruation starts early, and extend the usage of **PMT-ease** if menstruation delays. Repeat this cycle until there is a significant effect, and then take a one month break before starting the next course if needed.

Special precautions:

- Do not combine with anti-depressant or sedative medication.

Health tips:

- Take a few deeply inhaling and long exhaling breaths when you are feeling flat or stressed.
- Avoid cold drinks/cold milk and cold living environments, especially during menstruation.
- Do regular but not excessive 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.