

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.

Reflux-ease I

Supports with stomach acid imbalance/bloating sensation associated with two or more of the following:

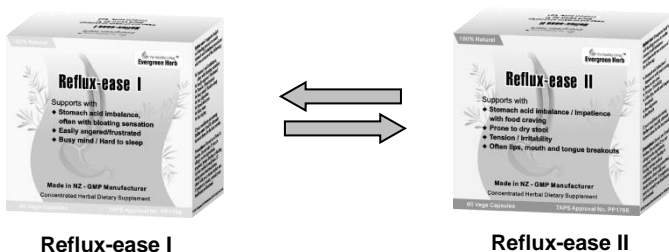
- ◆ Easily angered/frustrated
- ◆ Tension / Restlessness
- ◆ Busy mind / Hard to sleep
- ◆ Poor digestion
- ◆ Blood shot eyes
- ◆ Bitter taste
- ◆ Ear ringing

Usage guideline for Reflux-ease I:

Adult only. Take 1-2 capsules of Morning Formula daily after breakfast and 1-2 capsules of Night Formula 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: One to two months. Take a one month break before starting the next course if needed.

If your conditions are among **Reflux-ease I** and **II**, alternate between them for the best results:



Alternate between **Reflux-ease I** and **Reflux-ease II** (each for 5 days). Repeat this cycle until there is a significant effect. Then take a one month break before starting the next course if needed.

The common root cause of stomach acid imbalance is from tension/restlessness, long-term holistic strategy for stubborn stomach acid imbalance is to target tension/ restlessness as below:



Alternate between **Tension-free I** (10 days) and **Better Digestion** (5 days). Repeat this cycle until there is a significant effect. Then take a one month break before starting the next course if needed.

Special precaution:

- Do not combine with sedative medication.

Health tips:

- Take a relaxing 15 minute walk before bed.

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.