

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

Relax Formula Supports the body's self-healing process to soothe tension/low mood/worry associated with two or more of the following:

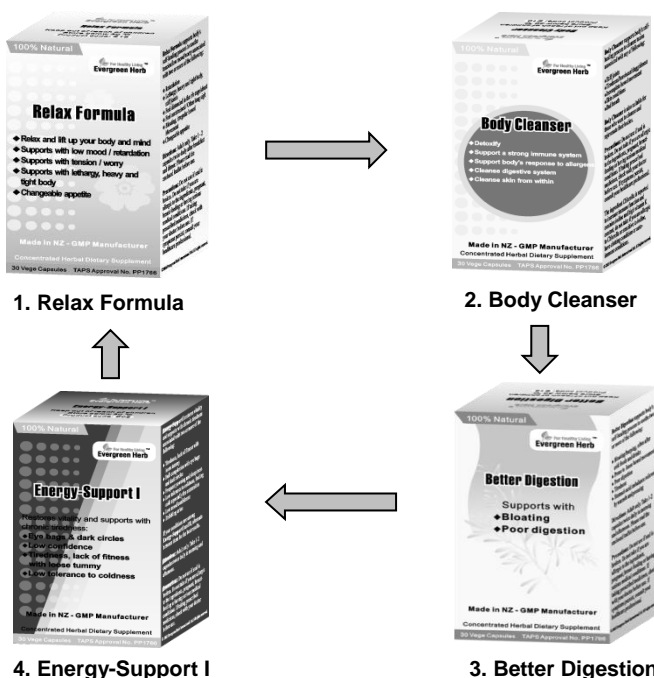
◆ Tension / Low mood / Worry ◆ Retardation ◆ Lethargy, heavy and tight body, stiff joints ◆ Feel distended in the rib cage/chest ◆ Bloating, irregular bowel movement ◆ Feel constrained / Often long sigh ◆ Changeable appetite

Usage guideline for Relax Formula:

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

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

Long-term strategy for a stubborn case of tension/low mood/worry:



Alternate between the four formulas above and take each for 5 days. Repeat the cycle for two months, and then take a one to two-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 environment.
- 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.