

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.

Stress-ease I Supports the body's self-healing process to soothe stress associated with two or more of the following:

- ◆ Stressed / Feel constrained / Worry
- ◆ Often long sigh
- ◆ Easily irritated
- ◆ Feel distended in the rib cage/chest
- ◆ Sleeplessness
- ◆ Hard to sleep / Waking up early
- ◆ Dry mouth or throat

Usage guideline for Stress-ease I:

Adult only. Take 1-2 capsules of Morning Formula after breakfast and 1-2 capsules of Night Formula 1-1.5 hours before bed. If there is no significant benefit, increase to 2-4 capsules until there is a stable effect, then revert to 1-2 capsules.

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

Long-term strategy for a stubborn case of stress-related conditions:



Alternate between the three **Stress-ease** formulas above (each for 7 days) and **Better Digestion** (2-3 days). Repeat the cycle until there is a significant effect, and then take a one to two-month break before starting the next course if needed.

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.
- Take a relaxing 15-minute walk before bed.
- 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.