

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.

Tension-free I Support the body's self-healing process to soothe tension/restlessness/ worry and irritability associated with two or more of the following:

- ◆ Easily angered / Restless / Worry
- ◆ Irregular bowels, worsened by stress
- ◆ Comfort eating
- ◆ Sweaty hands or nervousness
- ◆ Tension and stiffness in head, neck, joints and shoulder
- ◆ Busy mind / Hard to sleep
- ◆ Stomach acid imbalance with bloating sensation
- ◆ Bitter taste and/or bad breath
- ◆ Ringing ears/buzzing
- ◆ Itchy eyes or blurred vision
- ◆ Bloodshot eyes

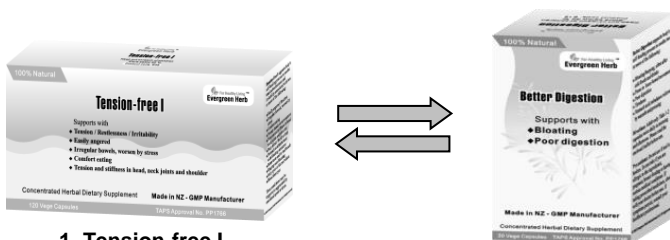
These conditions can be triggered or aggravated by emotional upset or stress.

Usage guideline for Tension-free I:

Adult only. Take 1-2 capsules of Morning Formula I daily after breakfast, 1-2 capsules of Night Formula daily 1-1.5 hours before bed for 5 days, then take 1-2 capsules of Morning Formula II daily after breakfast, 1-2 capsules of Night Formula 1-1.5 hours before bed for 5 days. Repeat this alternation. If there is no significant benefit, increase to 2-4 capsules for each formula until there is a stable effect, then revert to 1-2 capsules.

Course: 1-3 months. Take a one month break before starting the next course if needed.

For long-term use (>1 month continuous use), **Better Digestion** should be used to aid **Tension-free I**:



1. Tension-free I

2. Better Digestion

Alternate **Tension-free I** (each for 10 days) with **Better Digestion** (5 days) for one to two months until there are significant effects, and then take a one to two months break before starting the next course if needed.

If tension/restlessness/irritability conditions are under control, use this long-term holistic strategy to maintain good results from **Tension-free I**:



Body Cleanser

1. Energy-Support I

2. Energy-Support II

Take one package of **Body Cleanser** first. Then take **Energy-Support I** after breakfast and **Energy-Support II** after dinner. Repeat this cycle until there are significant effects. Then take a one month break before starting the next course beginning with **Body Cleanser** if needed.

Special precautions:

- Do not combine with anti-anxiety or 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.
- 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.