

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

## GOOD SLEEP I

**Supports the body's self-healing process to soothe poor sleep and stomach acid imbalance associated with two or more of the following:**

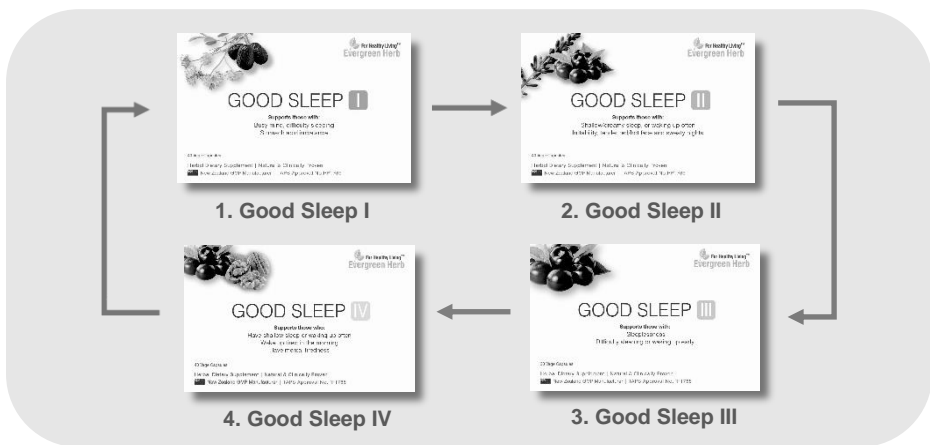
- Busy mind, difficulty sleeping, restless sleep
- Tension, irritability, restlessness
- Easily angered or frustrated mood
- Ear ringing
- Bloating / Poor digestion
- Bitter taste
- Bloodshot eyes

### Usage guideline for Good Sleep I:

Adult only. Take 2 capsules of Morning Formula (orange capsule) daily after breakfast and 2 capsules of Night Formula (clear capsule) after dinner. If sensitive to these formulas, reduce to 1 capsule twice daily. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

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

If your conditions are among **Good Sleep I, II, III and IV**, alternate between them for the best results:



Alternate the above four formulas (each for 5 days) and continue this cycle until finished, then take a one-to-two-months break before starting the next course if needed. If there is poor digestion/bloating/loose bowel movement, take **Better Digestion** first.

**To maintain your good sleep quality after finishing the course of above cycles:**



Alternate **Energy Support II** (7 days) with **Better Digestion** (3 days) and continue for 2 cycles.

### Special precaution:

- Do not combine with sedative medication.

### Health suggestions during usage of Good Sleep I:

- Take a relaxing 15-minute walk before bed.