## 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:

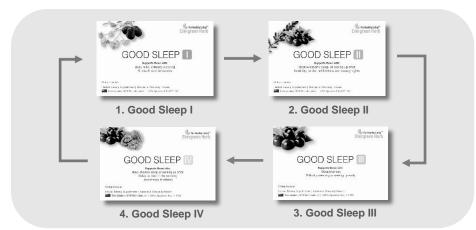
• Busy mind, difficulty sleeping, restless sleep • Tension, irritability, restlessness • Easily angered or frustrated mood • Ear ringing • Bloating / Poor digestion • Bitter taste • Bloodshot eyes

#### 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.

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For Healthy Living™ Evergreen Herb

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