You may need to read this leaflet again.

Please do not throw it away until you have finished the herbal product.

GOOD SLEEP II

Supports body's self-healing process to soothe shallow/dreamy sleep associated with two or more of the following:

- Shallow/dreamful sleep, waking up often
 Restlessness and irritability
 Dry mouth, lips, or throat
 Prone to dry stool
 Often breakouts on lips, mouth, and tongue
 Fine ear ringing
- Tender red/hot face and sweaty nights Low tolerance to heat

Usage guideline for Good Sleep II:

Adult only. Take 2 capsules of Morning Formula (green capsule) daily after breakfast and 2 capsules of Night Formula (orange 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.

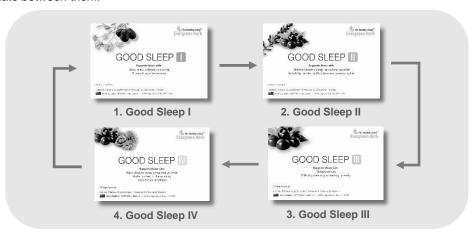
Course: 10 days. Take a one-week break before starting the next course if needed.

For long-term use (>10 days continuous use), **Good Sleep II** should be alternated with **Better Digestion:**



Alternate **Good Sleep II** (5 days) with **Better Digestion** (2 days) and continue for 2 cycles. Then restart next course if needed.

If your conditions are among **Good Sleep I**, **II**, **III** and **IV** or in stubborn cases, it is recommended to alternate between them:



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

Special precaution:

• Do not combine with sedative medication.

Health suggestions during usage of Good Sleep II:

Take a relaxing 15-minute walk before bed.

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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.

