

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.

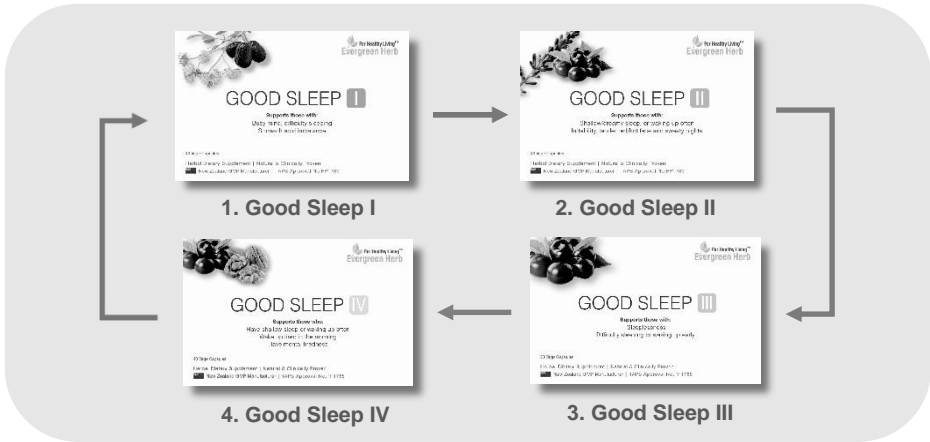
**Course:** 10 days. Take a one-week break before starting the next course if needed.

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.