

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

## GOOD SLEEP IV

**Supports the body's self-healing process to soothe shallow sleep or waking up often and mental tiredness associated with any of the following:**

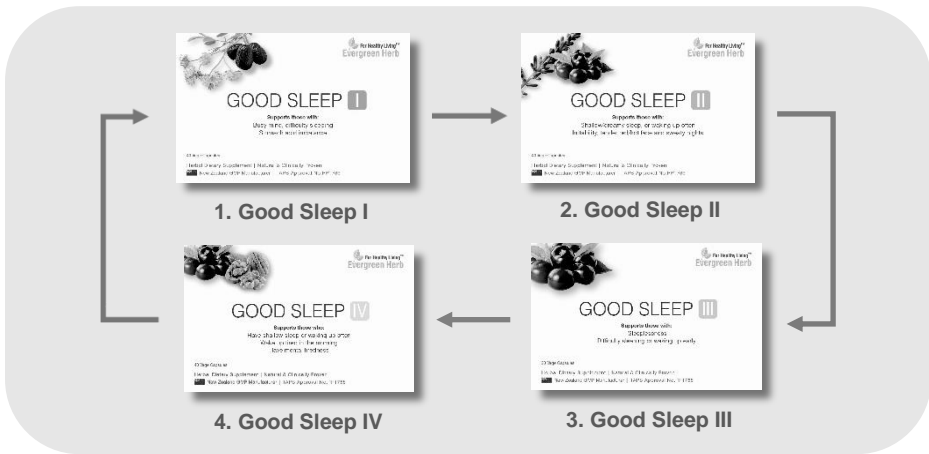
- Restless and shallow sleep / Wake up often
- Tension / Irritability with heavy, tired head
- Poor clarity and/or focus
- Mental fogginess
- Wake up unrefreshed in the morning

### Usage guideline for Good Sleep IV:

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:** 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.

### Long-term holistic strategy to maintain good results from Good Sleep IV:



One package of **Body Cleanser** should be finished firstly. Then take **Energy Support I** after breakfast and **Energy Support II** after dinner until both are finished and continue this alternation for 1-2 cycles, then take a one-to-two-month break. Restart the next course beginning with **Body Cleanser** if needed.

### Special precaution:

- Do not combine with sedative medication.

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

- Take a relaxing 15-minute walk before bed.