

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

REFLUX-EASE I

Supports with stomach acid imbalance and bloating sensation associated with two or more of the following:

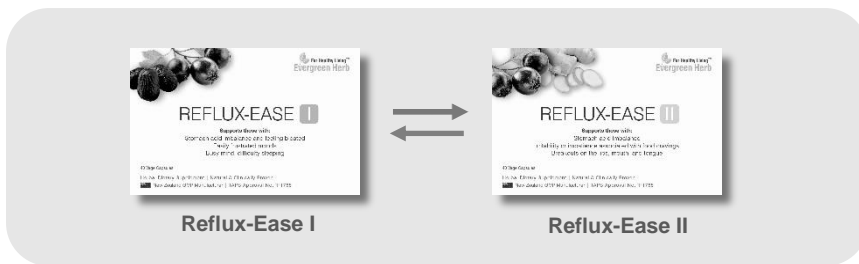
- Easily angered or frustrated mood
- Tension / Restlessness
- Busy mind, difficulty sleeping, restless sleep
- Poor digestion
- Blood shot eyes
- Bitter taste
- Ear ringing

Usage guideline for Reflux-Ease I:

Adult only. Take 2 capsules of Morning Formula (orange capsule) daily in the morning 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 **Reflux-Ease I** and **II**, alternate between them for the best results:



Alternate between **Reflux-Ease I** and **Reflux-Ease II** (each for 5 days). Repeat this cycle until there is a stable effect. Then take a one-month break before starting the next course if needed.

The common root cause of stomach acid imbalance is from tension/restlessness, a **long-term holistic strategy** for stubborn stomach acid imbalance is to target tension/restlessness as below:



Alternate between **Tension Free I** (10 days) and **Better Digestion** (5 days). Repeat this cycle until there is a stable effect. Then take a one-month break before starting the next course if needed.

Health suggestions during usage of Reflux-Ease I:

- Take a relaxing 15-minute walk before bed.