

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

## REFLUX-EASE II

**Supports with stomach acid imbalance associated with two or more of the following:**

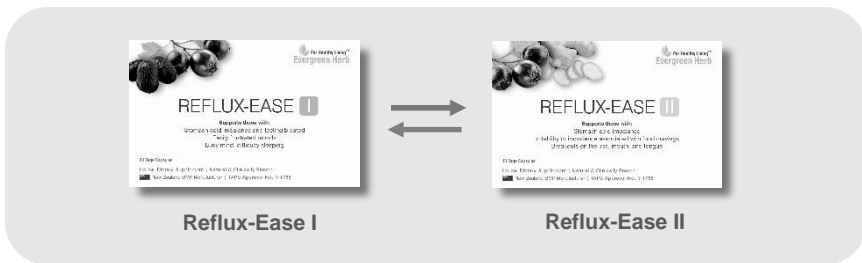
- Impatience with food craving
- Prone to dry stool
- Tension / Irritability
- Often breakouts on lips, mouth, and tongue
- Poor digestion
- Bad breath / Dry mouth

**Usage guideline for Reflux-Ease II:**

Adult only. Take 2 capsules of Morning Formula (orange capsule) daily in the morning and 2 capsules of Night Formula (green 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 II** (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 II:**

- Take a relaxing 15-minute walk before bed.

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