

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

INNER CALM I

Supports the body's self-healing process to soothe restlessness and irritability with two or more of the following:

- Easily angered or frustrated moods / Tension
- Tenseness and stiffness in head, neck, joints, shoulder and back
- Impatience / Comfort eating
- Sweaty hands or nervousness
- Itchy, blurred, bloodshot eyes
- Ear ringing/buzzing
- Busy mind, difficulty sleeping, restless sleep
- Stomach acid imbalance with bloating sensation
- Bad breath and/or bitter taste

These conditions may be triggered or aggravated by emotional upset or stress.

Usage guideline for Inner Calm I:

Adult only. Take 2 capsules twice daily after breakfast and dinner. If sensitive to this formula, reduce to 1 capsule twice daily. If there is no noticeable benefit, increase to 3 capsules, then revert to 2 capsules when there is a stable effect.

For long-term use (>2 weeks continuous use), **Better Digestion** is recommended to be used to aid **Inner Calm I**. Alternate **Inner Calm I** (5 days) with **Better Digestion** (2 days). Repeat this cycle.

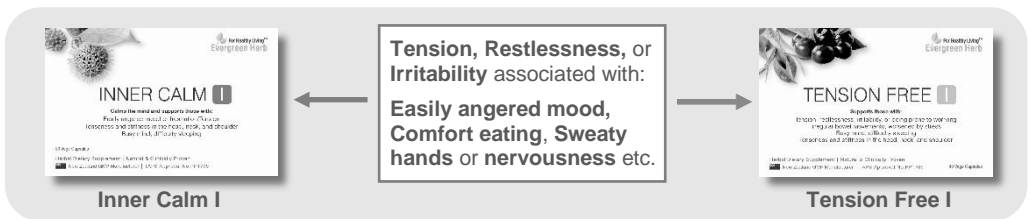
Course: Two weeks. Take a one-month break before starting the next course if needed.

If your conditions are among **Inner Calm I** and **II**, alternate between them for the best results:



Alternate between **Inner Calm I, II** (each for 7 days) and **Better Digestion** (3 days), repeat this cycle until there is a stable effect. Then take a one-to-two-month break before starting the next course if needed.

Both **Inner Calm I** and **Tension Free I** help with tension, restlessness, irritability associated with similar conditions such as easily angered mood, comfort eating, sweaty hands or nervousness etc.:



Use different herbal formulas depending on the situations: select **Inner Calm I** for rapid relief of harsh conditions, select **Tension Free I** for comprehensive, long term care after the conditions are amenable.

Special precautions:

- Do not combine with sedative medication.

Health suggestions during usage of Inner Calm I:

- Take a few deeply breaths when you are feeling stressed.
- Do regular physical exercise, breaking a slight sweat is enough.

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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.