

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

JOINT GUARD

Supports the body's self-healing process to soothe any of the following:

- Stiff, weak, and tired joints/lower back/legs/neck
- Lack of fitness/strength
- Vulnerability to injury
- Difficult recovery from injuries
- Joints worn by excessive exercise or heavy physical work

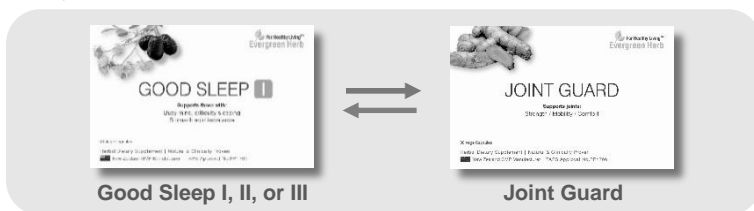
Usage guideline for Joint Guard:

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 or 4 capsules until there is a stable effect, then revert to 2 capsules. After good results, take 2 capsules daily after breakfast for long-term maintenance.

If there is hard stool, take 2 capsules of **Joint Guard** after breakfast and 2 capsules of **Energy Support II** after dinner.

Course: Five weeks. Take a one-week break after the use of every two packages. Restart the next course if needed. For the best result, take **Body Cleanser** between the courses of **Joint Guard**.

Chronic joint conditions and poor sleep are often worsened by each other, in this case, refer to the following holistic way:



Alternate **Joint Guard** with suitable **Good Sleep** formulas when necessary.

Stress/tension/restlessness are one of the causes of the stubborn joint conditions. For a **long-term strategy**, it is recommended to target stress/tension conditions as well as joint conditions.

For joint conditions associated with tension, restlessness, irritability:



Alternate between **Joint Guard** and **Tension Free I or II, or Inner Calm I or II**, separately finished.

For joint conditions associated with low mood, worry, sadness:



Alternate between **Joint Guard** and **Mood Lift I or II**, separately finished.

Health suggestions during usage of Joint Guard:

- Drink a healthy amount of water while taking **Joint Guard**.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.
- Avoid heavy physical work or heavy loads on joints.

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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.