

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

MENO-EASE

Supports the body's self-healing process to soothe menopause conditions with two or more of the following:

- Mood swings
- Temperature swings, often tender red/hot face and sweaty nights
- Poor sleep
- Dry skin, lips, or eyes
- Low tolerance to heat or coldness
- Low stamina, or easily exhausted

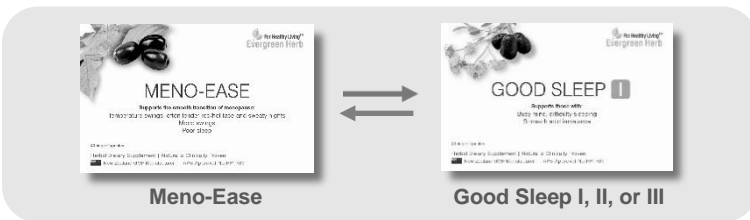
Usage guideline for Meno-Ease:

Adult only. Take 2 capsules of Morning Formula I (green capsule) daily after breakfast, 2 capsules of Night Formula (orange capsule) daily after dinner for 5 days, then take 2 capsules of Morning Formula II (clear capsule) daily after breakfast, 2 capsules of Night Formula (orange capsule) after dinner for 5 days. Repeat this alternation. 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.

For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalized herbal formulas.

Course: 3 weeks. Take a one-month break before starting the next course if needed. For better results, alternate between **Better Digestion** and **Body Cleanser** during the break.

The people with menopause problems often have poor sleep, which worsen each other. Therefore, alternate **Meno-Ease** with suitable **Good Sleep** formulas for better results:



Alternate **Meno-Ease** with suitable **Good Sleep** formulas when necessary.

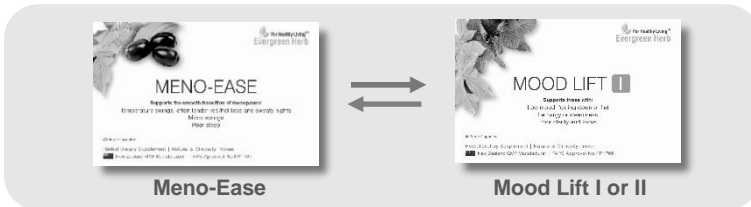
The hormone imbalance commonly triggers or causes stress/tension/mood swings that further worsens menopause conditions.

For those have menopause conditions associated with tension, restlessness, irritability:



Alternate between **Meno-Ease** and **Tension Free I or II**, or **Inner Calm I or II**, separately finished.

For those have menopause conditions associated with low mood, worry, sadness:



Alternate **Meno-Ease** and **Mood Lift I or II**, separately finished.

Health suggestions during usage of Meno-Ease:

- Do regular but not excessive physical exercise, breaking a slight sweat is enough.
- Keep relax and peaceful mind, do not over-extend yourself during taking **Meno-Ease**.