

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

## MOOD LIFT I

**Supports the body's self-healing process to soothe low mood, feeling down or flat associated with two or more of the following:**

- Low mood, feeling down or flat
- Worry/sadness
- Low confidence / Indecisiveness
- Poor clarity and focus
- Lethargy or sleepiness
- Feel distended in the rib cage/chest area
- Feel constrained, often long sigh
- Pale and puffy face
- Low tolerance to coldness
- Low libido
- Prone to irregular bowel movement

These conditions can be triggered or aggravated by stress or isolation, coldness, dampness, or gloomy weather. People with a timid or withdrawn personality are more likely to be affected when triggered.

### Usage guideline for Mood Lift I:

Adult only. Take 2 capsules of Formula I (green capsule) daily in the morning, 2 capsules of Formula III (white capsule) daily in the afternoon for 5 days, then take 2 capsules of Formula II (clear capsule) daily in the morning, 2 capsules of Formula III (white capsule) daily in the afternoon for 5 days. Repeat this alternation. 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.

**Course:** One month. Take a one-month break before starting the next course if needed. For stable effects, take **Better Digestion** during the break.

If the conditions are among **Mood Lift I** and **II**, alternate between them for better results:



Alternate between **Mood Lift I** and **II**, separately finished and continue for 2 cycles. Then take a one-to-two-month break before starting the next course if needed.

If there is tension, restlessness, irritability co-existing with low mood/feeling flat, alternate **Mood Lift I** with **Tension Free I** for better results:



Alternate **Mood Lift I** with **Tension Free I**, separately finished and continue for 2 cycles. Then take a one-to-two-month break before starting the next course if needed. Take **Better Digestion** during the break for stable effects.

### Health suggestions during usage of Mood Lift I:

- Have a bright working and living environment (sunshine or well-lit areas).
- Incorporate ginger, onion, or pepper in your diet.
- Avoid being in isolation or withdrawal. Avoid cold, damp, and dark environment.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.