

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

MOOD LIFT II

Supports the body's self-healing process to soothe stress related tension, or tense muscles and stiff joints, associated with two or more of the following:

- Feeling under pressure
- Low mood / Tension / Frustration
- Irregular bowel movements, worsened by stress
- Tenseness and stiffness in head, neck, joints, shoulder and back
- Feel distended in the rib cage/chest area
- Busy mind, difficulty sleeping, restless sleep

These conditions can be triggered or aggravated by stress or frustration.

Usage guideline for Mood Lift II:

Adult only. Take 2 capsules of Morning Formula (white capsule) daily after breakfast and 2 capsules of Night Formula (clear capsule) daily 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.

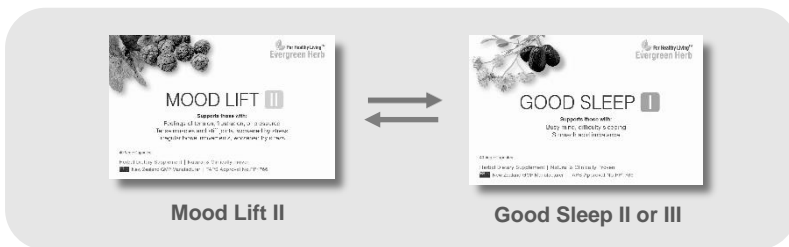
Course: 3 weeks. Take a one-month break before starting the next course if needed.

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 poor sleep associated with conditions above, alternate **Mood Lift II** with **Good Sleep II** or **III** for better results:



Alternate between **Mood Lift II** and suitable **Good Sleep** formulas when necessary.

Special precautions:

- Do not combine with sedative medication.

Health suggestions during usage of Mood Lift II:

- Take a few deeply inhaling and long exhaling 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.