

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

## PMT-EASE

**Supports the body's self-healing process to soothe tension during the pre-menstrual period, associated with two or more of the following:**

- Mood swings
- Breast discomfort
- Bloating
- Irregular bowel movement
- Menstrual abdominal discomfort

**Usage guideline for PMT-Ease:**

Start this formula at the end of a menstruation, stop when next menstruation begins.

Adult only. Take 2 capsules twice daily in the morning and afternoon. Do not take more than 4 capsules daily. If sensitive to this formula, reduce to 1 capsule twice daily.

**Course:** When necessary.

**A holistic strategy for a stubborn case of tension in the pre-menstrual period:**

Refer to the Evergreen Herb **Menstru-Ease** combo.

**Special precautions:**

- Do not combine with anti-depressant.

**Health suggestions during usage of PMT-Ease:**

- Take a few deeply inhaling and long exhaling breaths when you are feeling tense or stressed.
- Avoid cold drinks and cold living environments, especially during menstruation.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.