## 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.

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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.

For Healthy Living™ Evergreen Herb

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