

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

RELAX FORMULA

Supports the body's self-healing process to soothe tension, low mood or being prone to worry, associated with two or more of the following:

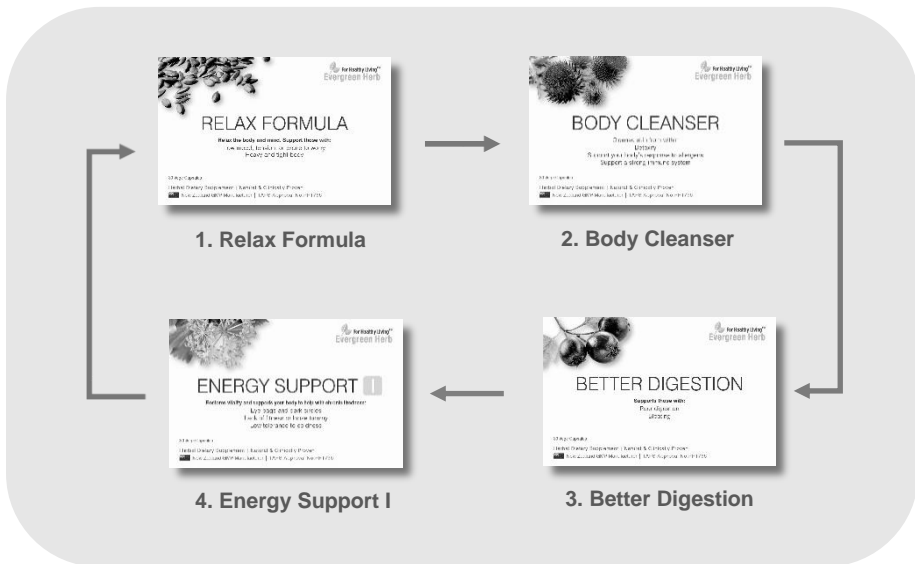
- Tension / Low mood / Worry
- Lethargy, heavy and tight body, stiff joints
- Feel distended in the rib cage/chest area
- Bloating and/or irregular bowel movement
- Feel constrained, often long sigh
- Changeable appetite

Usage guideline for Relax Formula:

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: Two weeks. Take a two-week break before starting the next course if needed.

A long-term strategy for a stubborn case of tension, low mood, worry:



Take the four formulas above in turn, separately finished and then take a one-month break before starting the next course if needed.

Special precautions:

- Do not combine with anti-depressant.

Health suggestions during usage of Relax Formula:

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