

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

STRESS-EASE I

Supports the body's self-healing process to soothe stress associated with two or more of the following:

- Stressed / Feel constrained
- Prone to worrying
- Often long sigh
- Irritable mood
- Feel distended in the rib cage/chest area
- Sleeplessness
- Hard to sleep or waking up early
- Dry mouth or throat

Usage guideline for Stress-Ease I:

Adult only. Take 2 capsules of Morning Formula (white capsule) after breakfast and 2 capsules of Night Formula (orange capsule) 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: One month. Take a one-month break before starting the next course if needed.

If the conditions are among **Stress-Ease I, II and III** or a long-term strategy for a stubborn case of stress-related conditions:



Alternate between the three **Stress-Ease** formulas above (each for 10 days) and **Better Digestion** (2-3 days), then take a one-to-two-month break before starting the next course if needed.

Special precautions:

- Do not combine with anti-depressant and sedative medication.

Health suggestions during usage of Stress-Ease I:

- Take a few deeply inhaling and long exhaling breaths when you are feeling tense or stressed.
- Take a relaxing 15-minute walk before bed.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.