

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

STRESS-EASE II

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

- Feeling constrained or irritated
- Easily angered mood
- Feel distended in the rib cage and/or chest area
- Often breakouts on the lips, mouth, and tongue
- Tender red/hot face
- Prone to dry stool

Usage guideline for Stress-Ease II:

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

For long-term use (>3 weeks continuous use), **Better Digestion** is recommended to be used to aid **Stress-Ease II**. Alternate **Stress-Ease II** (5 days) with **Better Digestion** (2 days), repeat this cycle.

Course: Three weeks. 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.

Health suggestions during usage of Stress-Ease II:

- 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.