

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

STRESS-EASE III

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

- Feeling under pressure, associated with tension or irritability
- Low stamina, easily exhausted
- Low tolerance to heat
- Dry skin, lips, eyes, or hair
- Light sleep
- Prone to dry stools

Usage guideline for Stress-Ease III:

Adult only. Take 2 capsules of Formula I (white capsule) in the morning and 2 capsules of Formula II (orange capsule) in late afternoon. If sensitive to these formulas, reduce to 1 capsule twice daily.

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 III:

- 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.