

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

TENSION FREE I

Support the body's self-healing process to soothe tension, restlessness, irritability, or being prone to worrying, associated with two or more of the following:

- Easily angered mood
- Irregular bowels, worsened by stress
- Comfort eating
- Sweaty hands or nervousness
- Tenseness and stiffness in head, neck, joints, shoulder and back
- Busy mind, difficulty sleeping, restless sleep
- Stomach acid imbalance with bloating sensation
- Bitter taste and/or bad breath
- Ringing or buzzing ears
- Itchy eyes or blurred vision
- Bloodshot eyes

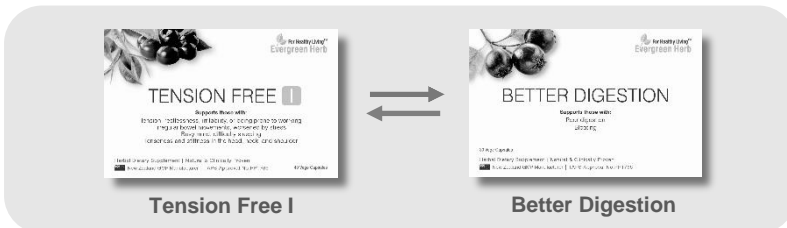
These conditions can be triggered or aggravated by emotional upset or stress.

Usage guideline for Tension Free I:

Adult only. Take 2 capsules of Morning Formula I (clear capsule) daily after breakfast, 2 capsules of Night Formula (orange capsule) daily after dinner for 5 days, then take 2 capsules of Morning Formula II (white capsule) daily after breakfast, 2 capsules of Night Formula (orange capsule) after dinner for 5 days. Repeat this alternation. 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.

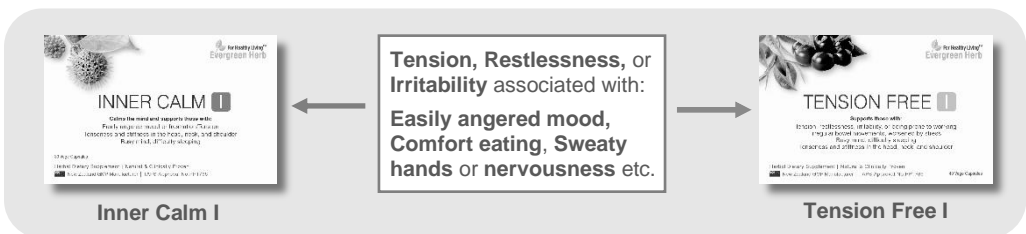
Course: Three weeks. Take a one-month break before starting the next course if needed.

For long-term use (>3 weeks continuous use), **Better Digestion** should be used to aid **Tension Free I**:



Alternate between **Tension Free I** (10 days) and **Better Digestion** (3-4 days). Repeat for 3 cycles and then take a one-to-two-month break before starting the next course if needed.

Both **Tension Free I** and **Inner Calm I** help with tension, restlessness, irritability associated with similar conditions such as easily angered mood, comfort eating, sweaty hands or nervousness etc.:



Use different herbal formulas depending on the situations: select **Inner Calm I** for rapid relief of harsh conditions, select **Tension Free I** for comprehensive, long term care after the conditions are amenable.

Special precautions:

- Do not combine with anti-anxiety or sedative medication.

Health suggestions during usage of Tension Free I:

- Take a few deeply inhaling and long exhaling breaths when you are feeling tense or stressed.
- Do regular physical exercise, breaking a slight sweat is enough.
- Take a relaxing 15-minute walk before bed.

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