

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

## TENSION FREE II

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

- Temperature swings, often tender red/hot face and sweaty nights
- Dry mouth, lips, or throat
- Sleeplessness and waking up early
- Lack of stamina, easily exhausted
- Fine ear ringing
- Stomach acid imbalance
- Impatience, food craving
- Bad breath
- Low tolerance to heat
- Prone to dry stool

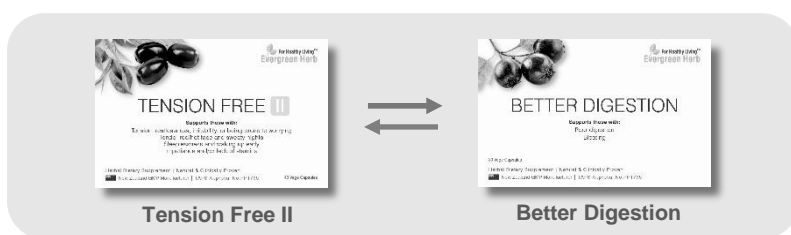
These conditions can be triggered or aggravated by emotional upset, stress, or hot environment.

### Usage guideline for Tension Free II:

Adult only. Take 2 capsules of Morning Formula I (green capsule) daily after breakfast, 2 capsules of Night Formula (orange capsule) 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.

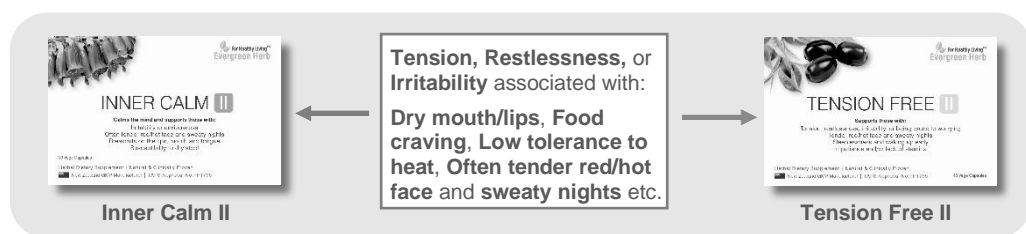
**Course:** Three weeks. Take a one-month break before starting the next course if needed.

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



Alternate between **Tension Free II** (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 II** and **Inner Calm II** help with tension, restlessness, irritability associated with similar conditions such as dry mouth/lips, food craving, low tolerance to heat, often tender red/hot face and sweaty nights etc.:



Use different herbal formulas depending on the situations: select **Inner Calm II** for rapid relief of harsh conditions, select **Tension Free II** 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 II:

- 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.
- Drink a healthy amount of water while taking **Tension Free II**.

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