

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

BODY CLEANSER

- Cleanse digestive system
- Detoxify
- Cleanse skin from within
- Support a strong immune system
- Support body's response to allergens
- After cold/flu

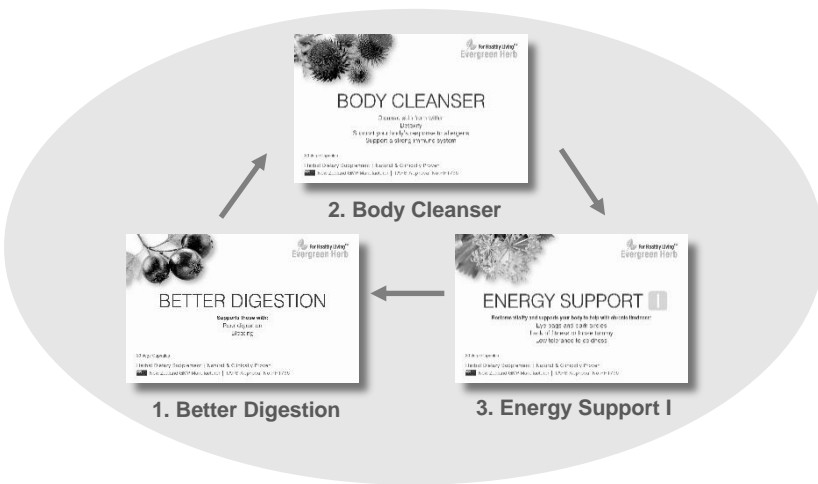
Body Cleanser is also suitable for those who want to regularly cleanse and rejuvenate their bodies.

Usage guideline for Body Cleanser:

Take 2 capsules twice daily after breakfast and dinner. If sensitive to this formula, 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.

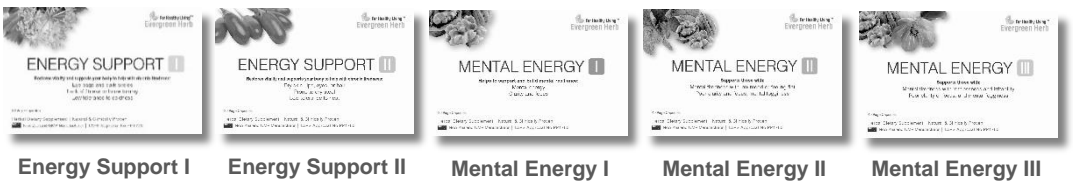
Course: 1-2 weeks every 2-3 months if using **Body Cleanser** alone.

If you have tiredness, sluggishness, stiff joints and sore muscles associated with two or more of the following: bloating especially after cold foods/drinks/dairy products or raw vegetables, poor digestion, prone to loose bowel movement, low tolerance to coldness and feeling cold especially the extremities, refer to the following **long-term holistic strategy** to target the causes for the best result:



Alternate between the three formulas above (each for 7 days). Continue for 2-3 cycles, and then take a one-to-two-month break before starting the next course if needed.

After finishing **Body Cleanser**, you may continue with one of the following **Body Cleanser** related products for wellbeing maintenance:



Health suggestions during usage of Body Cleanser:

- Drink a healthy amount of water while taking Body Cleanser.
- Avoid consumption of fatty, deep-fried and sugary foods. Avoid over-eating.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.

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Disclaimer: The content in this leaflet is provided solely for purpose of educating customers, and is not intended to replace the diagnosis, prescription, prevention & treatment of individual conditions by a medical professional. It should NOT be used as a substitute for the advice of a medical professional. If symptoms persist, please seek medical advice.