

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

FERTILITY SUPPORT COMBO

Supports the body's self-healing process and healthy fertility, particularly in case of two or more of the following:

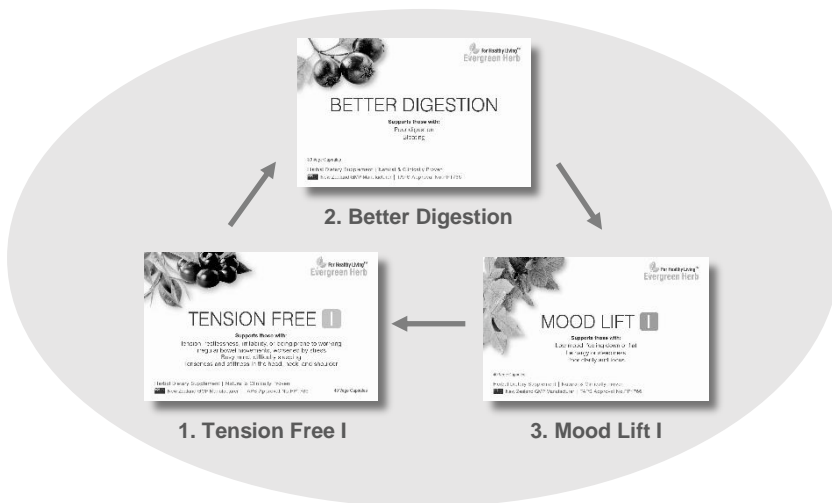
- Tension ● Tiredness ● Feeling cold, especially the extremities, lower abdomen, or back ● Low tolerance to coldness ● Pale and puffy or dull face ● Low libido

Usage guideline for Fertility Support COMBO:

Adult only. This combo contains four separate Evergreen Herb formulas. Start firstly with **Relax Formula** (2 capsules twice daily in the morning and afternoon) until finished, then **Body Cleanser** (2 capsules twice daily after breakfast and dinner) until finished. Then alternate between **Energy Support I** (4 days, 2 capsules twice daily in the morning and afternoon) and **Energy Support II** (2 days, 2 capsules twice daily in the morning and late afternoon), repeat this alteration until both are finished. If sensitive to these formulas, reduce to 1 capsule.

Course: One combo package. Take a one-to-two-month break before starting the next course if needed.

During the break after finishing this combo package, you may experience promotion of overall well-being. To build up a general healthy foundation for fertility, it is important to assess if there are conditions of tension, restlessness and/or low mood, worry. If yes, these need to be addressed separately:



Alternate the above three formulas, separately finished. Continue this cycle until you feel healthier, e.g., quality sleep, healthy digestion, being relaxed and happy.

Health suggestions during usage of Fertility Support combo:

- Avoid greasy, cold, or raw foods.
- Maintain moderate exposure to the sun, especially on back when possible.
- Keep warm.
- Drink a healthy amount of water each day.