

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

## MENSTRU-EASE COMBO

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

- Mood swings
- Breast discomfort
- Bloating with changeable appetite
- Irregular bowel movement
- Menstrual abdominal discomfort
- Darker period with blood clots
- Lightness or absence of period
- Spotting
- Heaviness or tiredness

### **Usage guideline for Menstru-Ease combo:**

Start this combo after menstrual period and stop when the next menstrual period begins.

Adult only. This combo contains five separate Evergreen Herb formulas (**Better Digestion, Body Cleanser, Energy Support II, Energy Support I, PMT-Ease**). Start this combo at the end of your menstrual period. Take the five formulas above separately in order of list (each for 5 days, refer to the leaflet of each formula for details of dosage) and stop when a new menstrual period begins. One cycle of these five formulas will commonly finish just before a new menstrual period begins; reduce the usage of **PMT-Ease** if new menstrual period starts early and extend the usage of **PMT-Ease** if new menstrual period is delayed.

Repeat this cycle when the next menstrual period is over.

**Course:** Two combo packages. Take a two-to-three-month break before starting the next course if needed.

During the break after finishing the course of the combo packages, you may experience the healthier menstruation and promotion of overall well-being such as skin beauty. If necessary, start a new course after the break to maintain good results.

### **Health suggestions during usage of Menstru-Ease:**

- Keep being relaxed and do not overextend yourself during menstruation.
- 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.