

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

ENERGY SUPPORT I

Restores vitality and supports with chronic tiredness associated with two or more of the following:

- Tiredness, lack of fitness with loose tummy
- Dull complexion with eye bags and dark circles
- Frequent yawning and sleepiness
- Low tolerance to coldness, feeling cold especially the extremities, lower back, and abdomen
- Dribbling urine
- Low mood/confidence

Usage guideline for Energy Support I:

Take 2 capsules twice daily in the morning and afternoon. 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: 2 weeks. Take a one-month break before starting the next course if needed.

For the best result, the following **long-term holistic strategy** is recommended:



One package of **Body Cleanser** should be finished firstly. Then take **Energy Support I** after breakfast and **Energy Support II** after dinner until both are finished and continue this alternation for 1-2 cycles, then take a one-to-two-month break. Restart the next course beginning with **Body Cleanser** if needed.

Special precautions:

- This formula is not suitable for those who have tendencies of tension/restlessness/irritability associated with any of the following: easily angered mood, temperature swings/often tender red/hot face, bloodshot eyes, bitter taste, or prone to hard bowel movement.

Health suggestions during usage of Energy Support I:

- Keep warm (living environment and clothing).
- Avoid cold drinks/milk/foods.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.
- Drink a healthy amount of water while taking **Energy Support I**.