

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

ENERGY SUPPORT II

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

- Impatience or irritability
- Restlessness / Over confidence / Easily exhausted
- Often tender red face
- Low tolerance to heat
- Dry skin/lips/eyes/hair/throat, easily thirsty
- Light sleep / Wake up early
- Prone to dry stool
- Ear ringing

Usage guideline for Energy Support II:

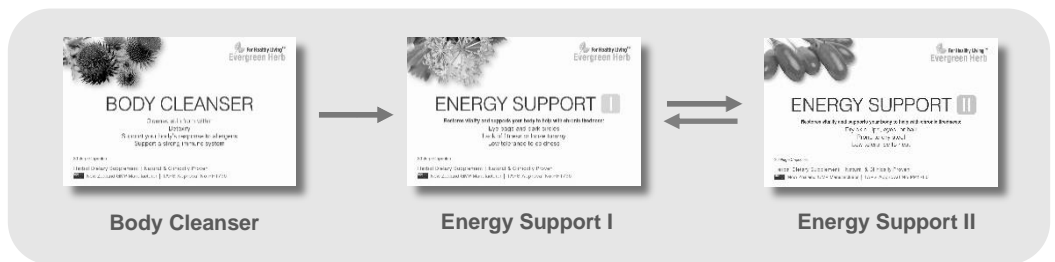
Take 2 capsules twice daily in the morning and late afternoon. If sensitive to this formula, reduce to 1 capsule twice daily. If there is no noticeable benefit, increase to 3 capsules and revert to 2 capsules when there is a stable effect.

For long-term use (>2 weeks continuous use), alternate between **Energy Support II** (7 days) and **Better Digestion** (3 days), and repeat for 2 cycles.

For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalized herbal formulas.

Course: Two 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.

Health suggestions during usage of Energy Support II:

- Do regular but not excessive physical exercise, breaking a slight sweat is enough.
- Drink a healthy amount of water each day.
- Keep peaceful mind, do not over-extend yourself.