

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

MENTAL ENERGY I

Helps with resilience and heavy mental work. Supports those with mental tiredness associated with any of the following:

- Heavy head and tired body
- Sleepiness
- Poor clarity and/or focus
- Mental fogginess

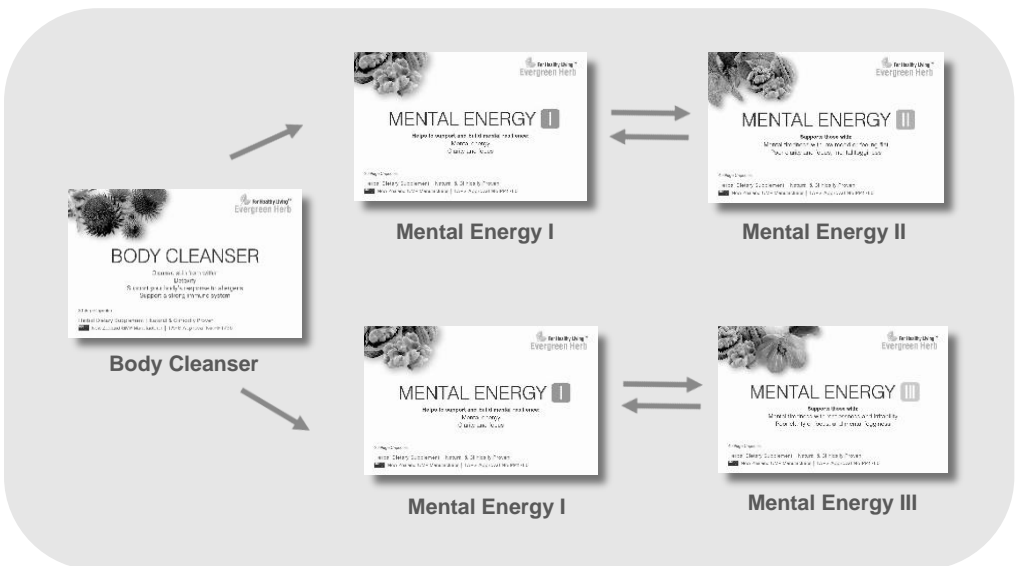
Usage guideline for Mental Energy I:

Take 1-3 capsules daily in the morning. Start from 1 capsule and increase the dosage until there is a stable effect.

For a better result, **Body Cleanser** is recommended to be used before taking **Mental Energy I**.

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

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



Take one package of **Body Cleanser** first. If there is mental tiredness associated with low mood/worry/sadness, alternate **Mental Energy I** (7 days) with **Mental Energy II** (5 days) and continue for 2 cycles, then take a one-month break. Restart next course beginning with **Body Cleanser** if needed.

If there are signs of restlessness and irritability associated with mental tiredness, alternate **Mental Energy I** (7 days) with **Mental Energy III** (5 days) and continue for 2 cycles, then take a one-month break. Restart next course beginning with **Body Cleanser** if needed.