

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

## MENTAL ENERGY II

**Supports with mental tiredness associated with two or more of the following:**

- Low mood/worry
- Feeling flat
- Foggy head and heavy, tired body
- Feel distended in the rib cage/chest
- Feel constrained / Often long sigh
- Sleepiness
- Poor clarity and/or focus
- Mental fogginess

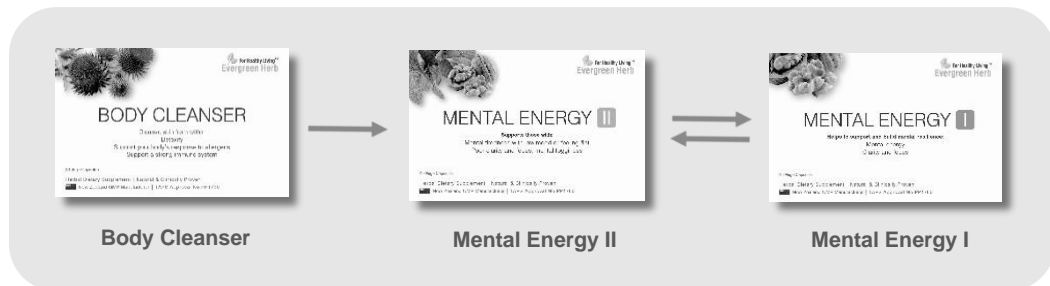
**Usage guideline for Mental Energy II:**

Take 2 capsules of Formula I (green capsule) daily in the morning, and 2 capsules of Formula II (white capsule) in the afternoon. If sensitive to these formulas, reduce to 1 capsule. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

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

**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, and then alternate **Mental Energy II** (5 days) with **Mental Energy I** (7 days) and continue for 2 cycles, then take a one-month break. Restart next course beginning with **Body Cleanser** if needed.