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.

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TAPS Approval No. PP1960



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