

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

MENTAL ENERGY III

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

- Restlessness and irritability
- Easily frustrated
- Busy mind, difficulty sleeping
- Often itchy eyes or blurred vision
- Stomach acid imbalance with bloating sensation
- Bad breath and/or bitter taste
- Bloodshot eyes
- Poor clarity and/or focus
- Mental fogginess
- Ringing ears

These conditions can be triggered or worsened by stress.

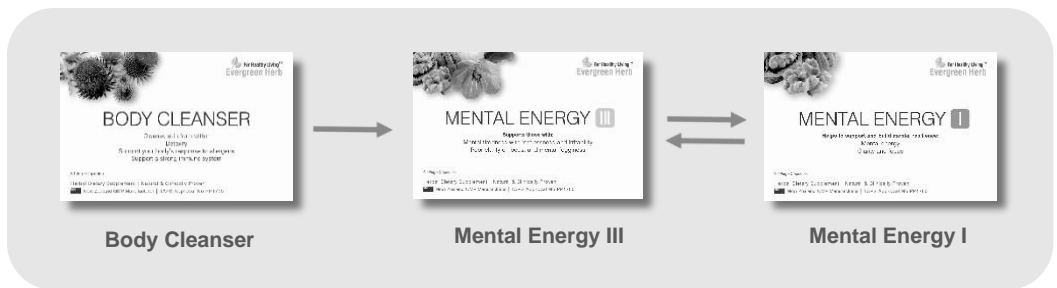
Usage guideline for Mental Energy III:

Take 2 capsules of Morning Formula (green capsule) daily in the morning and 2 capsules of Night Formula (clear capsule) after dinner. 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 III**.

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

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



Take one package of **Body Cleanser** first. Then alternate **Mental Energy III** (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.