## 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.

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Disclaimer: The content in this leaflet is provided solely for purpose of educating customers, and is not intended to replace the diagnosis, prescription, prevention & treatment of individual conditions by a medical professional. It should NOT be used as a substitute for the advice of a medical professional. If symptoms persist, please seek medical advice.

For Healthy Living™ Evergreen Herb

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