

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

## FATIGUE-FREE

**Supports the immune system and soothes fatigue associated with two or more of the following:**

- Discomfort in lymph nodes or joints
- Feeling of heavy eyelids and sleepiness
- Heavy, tired body and stiff joints
- Poor focus
- Low immunity
- Past virus infection history such as glandular fever or flu

**This formula also supports people who are recovering from radio/chemotherapy.**

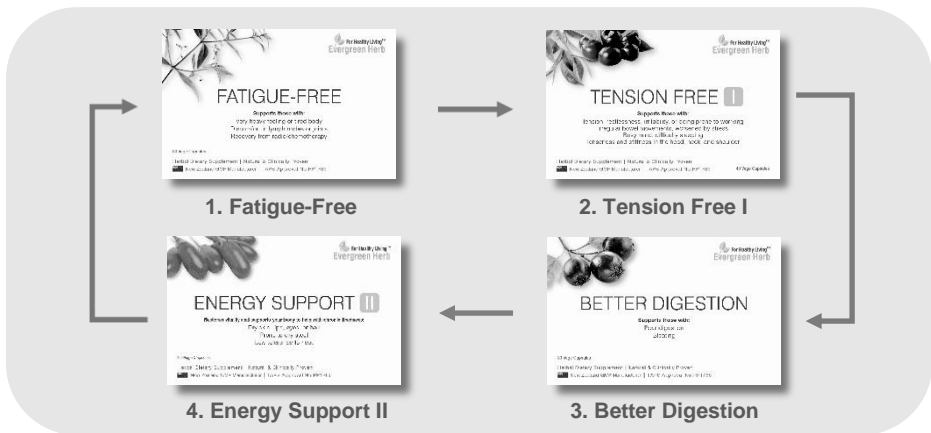
### Usage guideline for Fatigue-Free:

Take 2 capsules twice daily after breakfast and dinner. If sensitive to this formula, reduce to 1 capsule twice daily. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

**Course:** 1-2 weeks. Take one-month break before starting next course if needed.

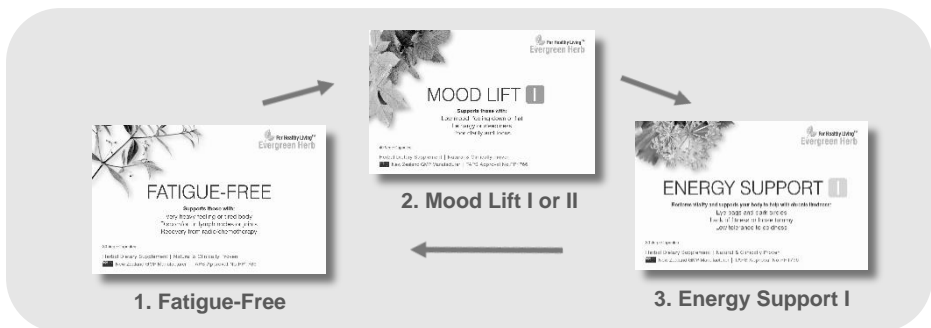
To target the causes and stabilize the result, **Fatigue-Free** should be used together with other formulas.

**For those who have fatigue associated with tension, restlessness, and irritability:**



Take the above four formulas in turn, separately finished. Then take a one-month break before starting the next course if needed.

**For those who have fatigue associated with low mood, worry, or sadness:**



Take the above three formulas in turn, separately finished. Then take a one-month break before starting the next course if needed.

### Health suggestions during usage of Fatigue-Free:

- Drink a healthy amount of water and have a good rest while taking **Fatigue-Free**.