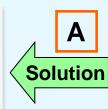
Evergreen Herb Formulas for Stress Relief

Subhealth and emotional distress caused by stress

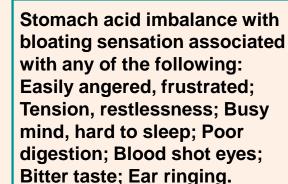
Stomach acid imbalance triggered and aggravated by stress







Over-stressed associated with any of the following: Stressed; Feel constrained, worry; Often long sigh; Easily irritated; Feel distended in the rib cage/chest; Sleeplessness; Hard to sleep, waking up early; Dry mouth or throat.









Over-stressed associated with any of the following: Stressed; Feel constrained; Restlessness, easily angered; Feel distended in the rib cage/chest; Often lips, mouth and tongue breakouts; Temperature swings, often tender red face; Prone to dry stool and/or scanty yellowish urine.

Stomach acid imbalance associated with any of the following: Impatience with food craving; Prone to dry stool; Tension, irritability; Often lips, mouth and tongue breakouts; Poor digestion; Bad breath, dry mouth.









Over-stressed associated with any of the following: Stressed; Feel constrained with tension, irritability; Low stamina, easily exhausted; Low tolerance to heat; Dry skin, lips, eyes and hair; Light sleep; Prone to dry stools.

Target tension/low mood/worry associated with any of the following: Retardation; Lethargy, heavy and tight body, stiff joints; Feel distended in the rib cage/chest; Bloating, irregular bowel movement; Feel constrained, often long sigh; Changeable appetite.



Notes: Stress related stomach acid imbalance can also be resolved by Tension Free I, II and Inner Calm I, II. However, these formulas mainly focus on conditions arising from anxiousness/irritability including stomach acid imbalance. The stomach acid imbalance arising from poor digestion can be resolved by Better Digestion (refer to leaflets of each product for details).