

Evergreen Herb products are manufactured in full compliance with the stringent Australian Good Manufacturing Practice (GMP) standards which are recognised internationally for safety and quality. Each batch of the herbal formulas is subject to strict quality control procedures and tested by both the manufacturer and an independent third party examination authority.

General precautions:

- **Temporarily discontinue use when you have a cold, flu, menstruation (except for Menstru-ease) or if a new condition arises. Restart use after the condition has passed.**
- To avoid interfering with each other, do not use other brand herbal remedies (e.g., Homeopathy) during the course of Evergreen Herb products.

Some Frequently Asked Questions

1. Are toxic herbs used in the Evergreen Herb formulas?

Chinese herbology categorises herbs as non-toxic, slightly-toxic and toxic. It is Evergreen Herb's policy not to use any herbs that have been noted to have toxicity in the literature.

2. Is the dosage right for me?

Each individual will require a different dosage for the formula to be most effective in supporting the body's well-being. Dosage required may also vary as the conditions change while taking the herbs. It is recommended to exercise prudence when you first use a herbal product; starting from the minimum dosage stated on the directions, then proceeding to increase the dosage gradually as needed. Please refer to usage guidelines (on the other side) for more information.

3. How do I know which formula is right for me?

All Evergreen Herb formulas are clearly labelled with specific conditions and circumstances. Please read them with care to ensure you select the correct formulas for your conditions. If you are not sure, please seek professional advice by contacting us, or by talking to the retailer.

4. Why don't I see immediate results?

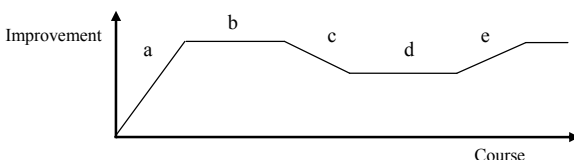
Due to its holistic nature, herbal formulas usually take effect gradually. It works through restoring the balance of the body and supporting the body's natural self-healing ability. These healing adjustments need time to develop. Therefore the effects of the herbs will become evident gradually. The benefit of this is long-lasting and comprehensive support for your body.

5. Why do I see other conditions improving at the same time?

Evergreen Herb formulas work holistically on restoring the wellbeing of the whole body to target the cause of the problems. Therefore, not only the main problem but other conditions will also improve.

6. Why did the formula stop being as effective as it was to start with?

Generally speaking, reduced effectiveness is because of interactions with other parts of your life and health. Balance is required in emotions, diet and exercise as well.



In most cases, effectiveness will vary depending on individual's circumstances. For example, some may have a and b, some may have a, b, c, d and others a, b, c, d, e.

7. Why do I need to take a break at the end of the course?

The effects of herbal formulas are long lasting and nurture your own body's healing ability. Your body needs a chance to exercise its own self-healing ability. Only if your body is not yet able to maintain the balance for itself will further courses be necessary. If you need to start another course of the same formula, you need to take a break as indicated in the instructions. However, if you need to change to a different formula in the Evergreen Herb product range, you can start immediately after finishing or having stopped taking the previous formulas.

Over-the-Counter herbal supplements with high efficacy:

- Traditional patent formulas modified by Chinese herbal specialists with modern herb research and clinical experiences, using only mild and non-toxic herbal ingredients. They are especially suitable for Western trained acupuncturists to use herbs incorporated into acupuncture treatments without attending complete herbal courses;
- Follow the TCM hierarchy principle of herbal formulation practiced for 3,000 years – all herbs in a formula synergise each other to achieve high safety and efficacy;
- The double or triple formulas taken at different times are packed in a package to enhance targeting both causes and symptoms for the body's comprehensive wellbeing;
- Adapted to local people in regards to the modern health chronic conditions, different lifestyle, whether pattern and diets;
- All Evergreen Herb products in series supporting each other to provide comprehensive care for better long term results;

Unique labeling for clear indications, instructions and easy-selection:

- All herbal ingredients and labeling follow Australian TGA guideline standards. Most products have been approved by New Zealand TAPS (Therapeutic Advertising Pre-vetting System);
- Evergreen Herb™ products have clear indications, labelling and instructions without obscure TCM terms – easy selection and reduced workload for practitioner;
- A full range of information is provided with inside leaflet – patients are well informed to have more confidence in the products and safety of use, better cooperation during taking the herbal tablets.
- Evergreen Herb provide complete package of usage chart, diagnosis guidance and pamphlets for acupuncturists to easily operate during clinic practice.

Quality assurance of Evergreen Herb™ - high quality guaranteed:

- Evergreen Herb™ products are made in full compliance of Australian GMP standard – a stringent, internationally recognised standard for manufacture of pharmaceutical and therapeutic goods including complementary medicines;
- Only high quality herbs are used for manufacturing Evergreen Herb™ remedies, the components of raw herbs and final products are tested using modern technologies such as HPLC and TLC;
- All of products are subjected to the Evergreen Herb dual-test procedures – the manufacturer's in-house laboratory testing results are repeatedly examined at an independent third party authority to ensure the quality standards are stringently met;
- Evergreen Herb™ remedies are 100% natural, concentrated herbal tablets that do not contain any coating agents, artificial flavors and colouring, preservatives, added sugars, gluten or lactose.

Clinic technique support:

- Tel: 06 3570685, mobile 021 08348568 (shelly, voice or text message).
- Fax: 06 3538962
- Email: clinic@evergreenherb.co.nz
- Skype for case study: shellyxcsun

Better Digestion Modified *Xiang Sha Liu Jun Zi Tang* (warm formula). Reinforce Stomach and Spleen Qi. Clean dampness and phlegm. Spread Liver Qi.

- ◆ Bloating, especially after cold foods/drinks/dairy products or raw vegetables
- ◆ Prone to loose bowel movement
- ◆ Poor digestion
- ◆ Tiredness

Usage guideline for Better Digestion:

Take 1 tablet once daily after breakfast. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

If you have poor sleep, take **Good Sleep II** or **III** after dinner while using **Better Digestion**.

If you have irritability/anxiety, restlessness, bloodshot eyes, bad breath, bitter taste or constipation, alternate **Tension-free I** (5 days) with **Better Digestion**, (2 days) and repeat this cycle until these conditions improve. Continue to use **Better Digestion** if necessary.

Course of usage:

One month. Take two weeks to one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:

If you have bloating and poor digestion associated with any two or more of the following, tiredness/sluggishness, stiff joints, low tolerance to cold and feeling cold especially the extremities, incomplete bowel movement, muscles pain caused by dampness accumulated due to deficient Spleen (e.g., fibromyalgia or polymyalgia), take the following steps to target the causes for the best result:



Alternate the above three formulas (each for 4 days). Continue the cycle for two to three months, and then take a one month break before starting the next course if needed.

Special precautions:

- Avoid over-eating, especially meat.
- Keep warm (living environment and clothing). Avoid cold drinks (including cold milk)/foods.
- Eat a mixture of a kiwifruit, a teaspoon of honey and plain yogurt (50 ml) daily if you have hard bowel movements.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

Body Cleanser Modified *Xiao Cheng Qi Tang* & *Si Jun Zi Tang* (Cool formula). Reinforce Spleen Qi. Clean digestive system and dampness. Support the immune system after a virus/flu attack.

◆ Cleanse your digestive system ◆ Detoxify your liver ◆ Cleanse your skin from within ◆ Cleanse body after influenza

Usage guideline for Body Cleanser:

Take 1 tablet twice daily after breakfast and dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to this formula, take one or half a tablet after breakfast.

If you have irritability/anxiety, restlessness, restless sleep, bloodshot eyes, bad breath, bitter taste, youth acne or constipation, alternate **Tension-free I** with **Body Cleanser**, take each for 5 days and repeat the cycle until the above conditions improve.

Course of usage:

9-18 days every two months if using the **Body Cleanser** alone.

Holistic strategy to target stubborn conditions or to stabilize the best results:

If you have tiredness/sluggishness, stiff joints and sore muscles associated with any two or more of the following, bloating especially after cold foods/drinks/dairy products or raw vegetables, poor digestion, prone to loose bowel movement, low tolerance to cold and feeling cold especially the extremities, take the following steps to target the causes for the best result:



Alternate the above three formulas (each for 4 days). Continue the cycle for two to three months, and then take a one month break before starting the next course if needed.

After finishing **Body Cleanser**, you may continue with any one of the following **Body Cleanser** related products for wellbeing maintenance:



Healthy tips:

- Avoid consumption of fatty, deep-fried, spicy and sugary foods. Avoid over-eating.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

Energy-Support I Modified *You Gui Wan* (Warm formula). Reinforce Kidney and Spleen Yang/Qi. Promote energy.

- ◆ Tiredness, lack of fitness with loose tummy ◆ Dull complexion, frequent yawning and sleepiness
- ◆ Low tolerance to cold, feeling cold especially the extremities
- ◆ Dribbling urine ◆ Low mood/confidence ◆ Poor clarity/focus/memory ◆ Ear ringing

Usage guideline for Energy-Support I:

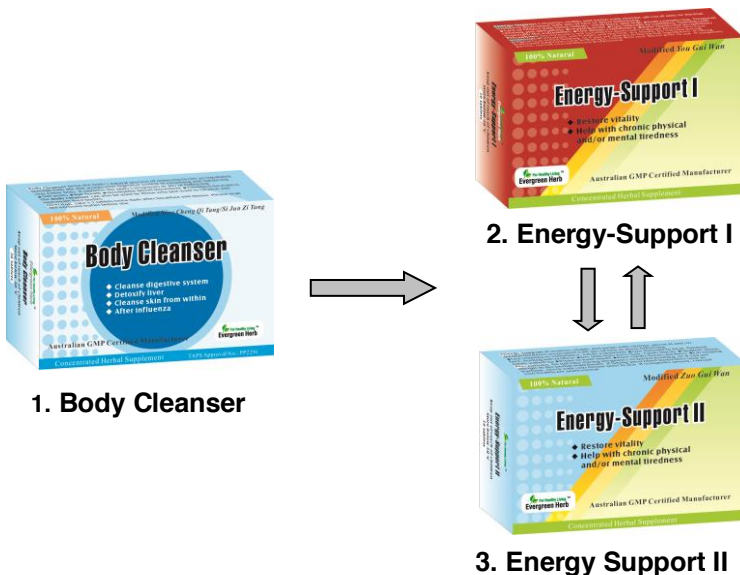
Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

If you have irritability/anxiety, restlessness, bloodshot eyes, bad breath, bitter taste, youth acne or constipation, stop taking **Energy-Support I** and alternate **Tension-free I** (3 days) with **Better Digestion** (2 day) and repeat the cycle until these conditions improve. Then restart **Energy-Support I**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



The **Body Cleanser** formula should be used before taking **Energy-Support I**. Then alternate **Energy-Support I** (7 days) with **Energy-Support II** (2 days). Repeat this cycle for two months and then take a one to two month break. Restart next course beginning with **Body Cleanser** if needed.

Special precautions:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, or constipation (excessive Yang-type person).
- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Keep warm (living environment and clothing). Avoid cold drinks (including cold milk)/foods.
- Eat a mixture of a kiwifruit, a teaspoon of honey and plain yogurt (50 ml) daily if you have hard bowel movements.
- Do regular but not excessive physical exercise.

Energy-Support II Modified *Zuo Gui Wan* (Cool formula). Tonify Kidney Yin, Liver blood and Yin of the whole body. Reduce empty heat. Promote energy.

◆ Low stamina, easily exhausted ◆ Low tolerance to heat, feeling hot/restless, flushed face ◆ Dry skin/lips/eyes/hair, easily thirsty ◆ Light sleep ◆ Prone to hard stool ◆ Poor clarity/focus/memory ◆ Ear ringing

Usage guideline for Energy-Support II:

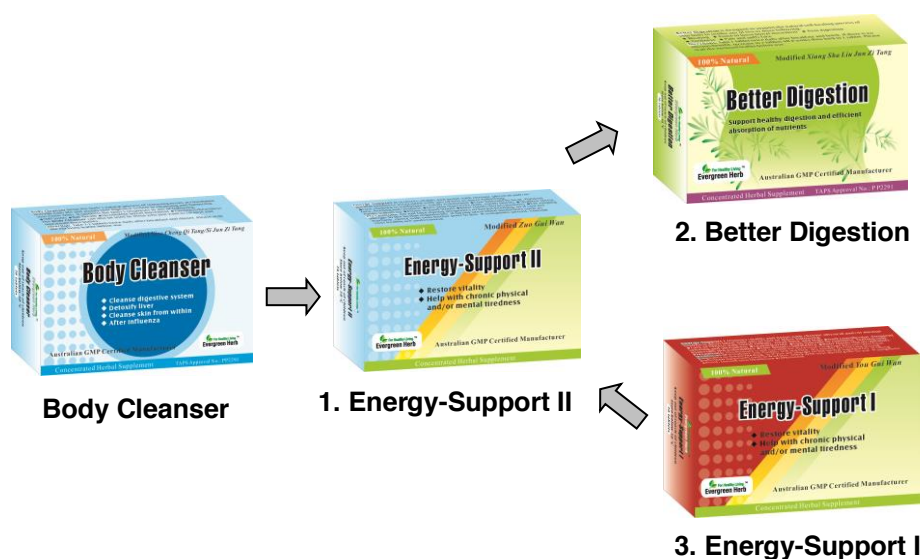
Take 1 tablet twice daily after breakfast and dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to this formula, take one or half a tablet after breakfast.

Body Cleanser should be used before taking **Energy-Support II**. Then alternate **Energy-Support II** (5 days) with **Better Digestion** (2 days) and repeat this cycle for one to two months.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Body Cleanser should be used before taking **Energy-Support II**. Then alternate **Energy-Support II** (5 days), **Better Digestion** (2 days), and **Energy-Support I** (2 days). Repeat this cycle for two months, and then take a one to two month break. Restart the next course beginning with **Body Cleanser** if needed.

Special precautions:

- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Do regular but not excessive physical exercise.

Energy-Support III Modified *Jin Gui Shen Qi Wan* (green, warm formula) /Modified *Zhi Bai Di Huang Wan* (silver, cold formula). Tonify Kidney Yin and Yang. Reinforce Spleen Qi. Strengthen tendons, ligaments and bone. Support energy and recovery of injury.

- ◆ Physical tiredness ◆ lack of fitness, stamina and will power ◆ Dull complexion, dark ring around eyes ◆ Weak joints/lower back/legs, vulnerable to injury
- ◆ Excessive exercise or physical work ◆ Night shift work

Usage guideline for Energy-Support III:

Take 2 tablets Formula I (green) and 1 tablet Formula II (silver) daily after breakfast. If there is no significant benefit, increase to twice daily after breakfast and lunch until there is stable improvement, then back to once daily after breakfast.

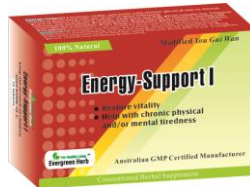
Course of usage:

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

Holistic strategy to target stubborn conditions or to stabilize the best results:



1. Energy-Support III



2. Energy-Support I

If you have injury associated with Kidney Yang deficiency, alternate **Energy-Support III** (5 days) with **Energy-Support I** (5 days) and repeat this cycle. Continue the cycle for one to two months, and then take a one to two month break before starting the next course if needed.



1. Energy-Support III



2. Energy-Support II

If you have injury associated with Kidney Yin deficiency, alternate **Energy-Support III** (5 days) with **Energy-Support I** (5 days) and repeat this cycle. Continue the cycle for one to two months, and then take a one to two month break before starting the next course if needed.



1. Energy-Support III



2. Better Digestion

If you have injury associated with poor digestion, alternate **Energy-Support III** (5 days) with **Better Digestion** (5 days) and repeat this cycle. Continue the cycle for one to two months, and then take a one to two month break before starting the next course if needed.

Special precautions:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, constipation or hypertension (excessive Yang-type person).
- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Energy-Support IV Modified *Bu Zhong Yi Qi Tang* (Warm formula). Tonify Spleen, Lung and Wei Qi. Lift up Zhong Qi. Boost immune system. Remove lingering pathogenic factor (not acute). Prevent getting repetitive colds, influenza and/or allergies.

◆ Tiredness ◆ Pale and puffy face ◆ Frequent sweating ◆ Poor appetite ◆ Prone to cold or influenza ◆ Hayfever

Usage guideline for Energy-Support IV:

Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

If you have irritability/anxiety, restlessness, bloodshot eyes, bad breath, bitter taste, youth acne or constipation, stop taking **Energy-Support IV** and alternate **Tension-free I** (3 days) with **Better Digestion** (2 day) and repeat the cycle until these conditions improve. Then restart **Energy-Support IV**.

Course of usage:

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

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate **Energy-Support IV** (7 days) with **Body Cleanser** (3 days) and repeat this cycle. Continue the cycle for one to two months, and then take a one to two month break before starting the next course if needed.



For those who have poor sleep, take either **Good Sleep II** or **Good Sleep III** while using **Energy-Support IV**.

Special precaution:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, constipation or hypertension (excessive Yang-type person).

Evergreen-Slim Formula 1: Modified *Jia Wei Xiao Yao Wan* (neutral formula), spread Liver Qi; Formula 2: Modified *Xiao Cheng Qi Tang* & *Si Jun Zi Tang* (cool formula), clean digestive system; Formula 3: Modified *Xiang Sha Liu Jun Zi Tang* (warm formula), reinforce Spleen Qi; Formula 4: Modified *Zen Gan Xi Feng Tang* (cool formula), reduce comfortable eating; Formula 5: Modified *You Gui Wan* (warm formula), reinforce Kidney Yang.

Overweight associated with any of following:

- ◆ Heaviness/tiredness ◆ Bloating and/or prone to loose stool, especially after cold foods/drinks/dairy products or raw vegetables ◆ Low tolerance to cold, especially the extremities ◆ Lack of fitness with loose tummy, weak back and legs ◆ Comfort eating ◆ Incomplete bowel movement

Usage guideline for Evergreen-Slim:

Target the symptoms

Take **Evergreen-Slim**. Start from Formula 1 to 5, one formula at a time. Take 1 to 2 tablets twice daily after breakfast and dinner for 3 days, and then proceed to the next formula. Continue the cycle for one month. **Precaution:** Do not combine Formula 4 with or replace sedative medication.

Holistic strategy to target stubborn conditions or to stabilize the best results:

Reinforce vitality (**Energy-Support I**) to help with slow metabolism. Support healthy digestion, the efficient absorption of nutrients and aid healthy metabolism (**Better Digestion**). Remove accumulated toxins and assist the digestive system by cleansing and balancing the body (**Body Cleanser**).



Take **Evergreen-Slim** for one month. Then alternate **Energy-Support I**, **Body Cleanser**, and **Better Digestion**. Take each for 5 days and repeat this cycle for two months and then take a one to two month break before starting the next course if needed.

If you have irritability/tension, restlessness, bloodshot eyes, bad breath, bitter taste or constipation during the cycle, stop **Evergreen-Slim** and take **Tension-free I** until these conditions improve. Restart the next course beginning with **Evergreen-Slim** if needed.

Maintain your healthy weight in long-term:

Over thousands of years of practice, traditional Chinese medicine emphasises that herbal formulas, acupuncture, exercise (Tai Chi) and healthy lifestyle are an integrated system. Thus, the best result of weight management comes from the combination of the above four modules; the herbal formulas should especially be used together with acupuncture during courses of treatment.

Lifestyle instructions for weight management:

- Avoid over-eating, especially meat and dairy products. Avoid cold drinks (including milk)/foods.
- Incorporate ginger, onion or pepper in your diet. Drink a healthy amount of water each day.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

Fatigue-free Modified *Xiao Cheng Qi Tang* & *Si Jun Zi Tang* (Cool formula). Reinforce Spleen Qi. Clean digestive system and dampness. Support the immune system after a virus/flu attack.

Fatigue associated with any of following:

- ◆ Lymph nodes discomfort ◆ Feeling of heavy eyelids and sleepiness
- ◆ Sore muscle and joints ◆ Poor focus ◆ Past history of glandular fever

This remedy is NOT for people who are generally tired. It is for fatigue related to weak immune system or glandular fever infection history.

Usage guideline for Fatigue-free:

Take 1 tablet twice daily after breakfast and dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to this formula, take one or half tablet after breakfast.

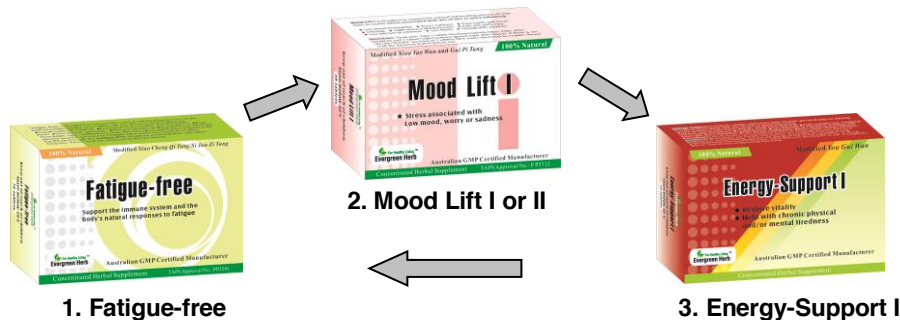
Holistic strategy to target stubborn conditions or to stabilize the best results:

For those who have fatigue associated with anxiety, restlessness, restless sleep, bloodshot eyes, bad breath, bitter taste, feeling hot/flushing or constipation:



Alternate the above four formulas (each for 4 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

For those who have fatigue associated with low mood, bloating especially after cold drinks (including cold milk)/foods, prone to loose bowel movement, lethargy/sluggishness, low tolerance to cold especially the extremities, incomplete bowel movement:



Alternate the above three formulas (each for 5 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

Fertility Support Modified *You Gui Wan* (Warm formula). Reinforce Kidney and Spleen Yang. Support fertility.

Infertility associated with any two or more of the following:

- ◆ Feeling cold, especially the extremities/lower abdomen or back ◆ Low tolerance to cold
- ◆ Pale and puffy or dull face ◆ Tiredness ◆ Low libido

Usage guideline for Fertility Support:

Adults only. Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

Relax Formula should be used to aid **Fertility Support**. Alternate **Relax Formula** (3 days) with **Fertility Support** (7 days) and repeat this cycle.

Course of usage:

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

For the best result and to target the causes, the following **long term holistic strategy** is recommended:

If you have any two or more of the following: tension/anxiety, restlessness, restless sleep, bloodshot eyes, bad breath, bitter taste or constipation, start at stage I. Otherwise, start at stage II.

Stage I – Build up a general healthy foundation, prepare for fertility:



Alternate the above three formulas (each for 4 days). Continue the cycle until you feel healthier (e.g., quality sleep, healthy digestion, relaxed and happy) and then go to stage II.

Stage II – Restore body's vitality to promote fertility:



Alternate **Body Cleanser** (5 days), **Relax Formula** (5 days), **Fertility Support** (8 days) and **Energy-Support II** (2 days). Continue the cycle of stage II for two to three months, and then take a one to two month break before the next course starting from stage I if needed.

Special precautions:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, or constipation (excessive Yang-type person).
- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Keep warm (living environment and clothing). Avoid cold drinks (including cold milk)/foods.
- Do regular but not excessive physical exercise.

Good Sleep I Modified *Xiang Sha Liu Jun Zi Tang* (green-morning, warm formula). Reinforce Stomach and Spleen Qi. Clean dampness. Spreads Liver Qi./ Modified *Zen Gan Xi Feng Tang* (silver-night, cool formula). Calm Liver Yang and Shen. Clear Heart & Stomach heat to reduce heart burn.

Heartburn and/or poor sleep associated with any of the following:

- ◆ Tension/irritability ◆ Restlessness ◆ Easily angered/frustrated ◆ Busy mind/hard to sleep ◆ Bloating ◆ Poor digestion ◆ Bloodshot eyes ◆ Bitter taste ◆ Ear ringing

Usage guideline for Good Sleep I:

Adults only. Take 1 tablet Morning Formula (green) daily after breakfast and 1 tablet Night Formula (silver) after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to these formulas, take half a tablet each time.

Course of usage:

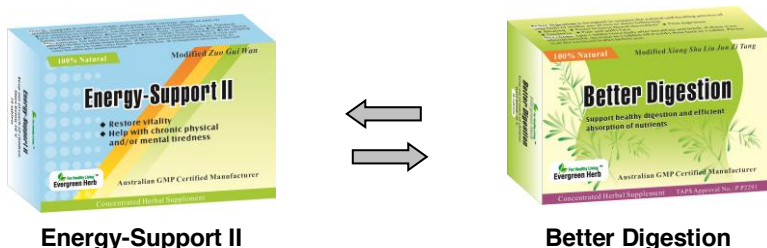
One month. Take a one month break before starting the next course if needed. For the best result and to target the causes, the following **long term holistic strategies** are recommended.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above three formulas (each for 5 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

To maintain your sleep quality after finishing the course of Good Sleep I or above cycle:



Alternate **Energy-Support II** (5 days) with **Better Digestion** (2 days) and repeat this cycle for one to two months, and then take a one to two month break before starting the next course if needed.

Special precaution:

- Avoid over-eating, especially meat. Avoid cold drinks (including cold milk)/foods.
- Do not combine with sedative medication.™

Good Sleep II Modified *Gui Pi Tang* (Warm formula). Tonify Spleen Qi and nourish Heart blood. Calm Shen.

Poor sleep associated with any of following:

- ◆ Light sleep ◆ Timidness ◆ Dizziness, tiredness and/or forgetfulness
- ◆ Lethargy ◆ Pale and puffy face ◆ Bloating ◆ Prone to loose bowel movement
- ◆ Low tolerance to cold

Usage guideline for Good Sleep II:

Adults only. Take 1 tablet daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. If sleep quality improves, one or two tablets may be used every second or third night depending on your sleep quality. For those who are sensitive to this formula, take half a tablet after dinner.

If you have irritability/anxiety, restlessness, restless sleep, bloodshot eyes, bad breath, bitter taste or constipation:



Stop taking **Good Sleep II** and alternate **Tension-free I** (3 days) with **Better Digestion** (2 day), and repeat the cycle until the above conditions improve. Then restart with **Good Sleep II**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above three formulas (each for 5 days). Continue the cycle for two to three months, and then take a one month break before starting the next course if needed.

Special precautions:

- This formula may cause drowsiness for some individuals.
- Do not combine with sedative medication.

Good Sleep III Modified *Tian Wang Bu Xin Dan* (Cool formula). Nourish Kidney and Heart Yin. Clear empty heat. Calm and nourish the mind.

Poor sleep associated with any of the following:

- ◆ Irritability and inability to sleep ◆ Waking up early ◆ Dry mouth, lips or throat
- ◆ Hot flushes ◆ Low tolerance to heat

Usage guideline for Good Sleep III:

Adults only. Take 1 tablet daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. If sleep quality improves, one or two tablets may be used every second or third night depending on your sleep quality. For those who are sensitive to this formula, take half a tablet after dinner.

Course of usage:

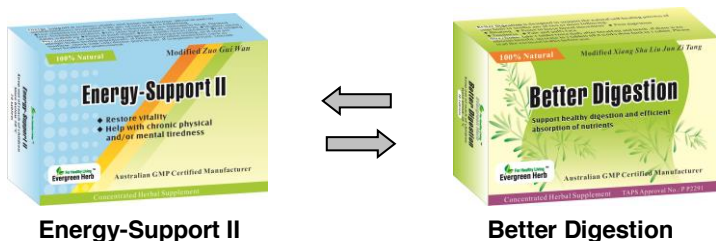
One month. Take a one month break before starting the next course if needed. For the best result and to target the causes, the following **long term holistic strategies** are recommended.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above three formulas (each for 5 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

To maintain your sleep quality after finishing the course of Good Sleep III or above cycle:



Alternate **Energy-Support II** (5 days) with **Better Digestion** (2 days) and repeat this cycle for one to two months, and then take a one to two month break before starting the next course if needed.

Special precautions:

- This formula may cause drowsiness for some individuals.
- Do not combine with sedative medication.

Libido Support Modified *You Gui Wan* (Warm formula). Reinforce Kidney yang and Spleen Qi/Yang. Support libido.

Low libido associated with any of the following:

- ◆ Easily feeling flat/tired
- ◆ Low tolerance to cold, especially the extremities
- ◆ Dull complexion, loose tummy, dark ring around eyes

Usage guideline for Libido Support:

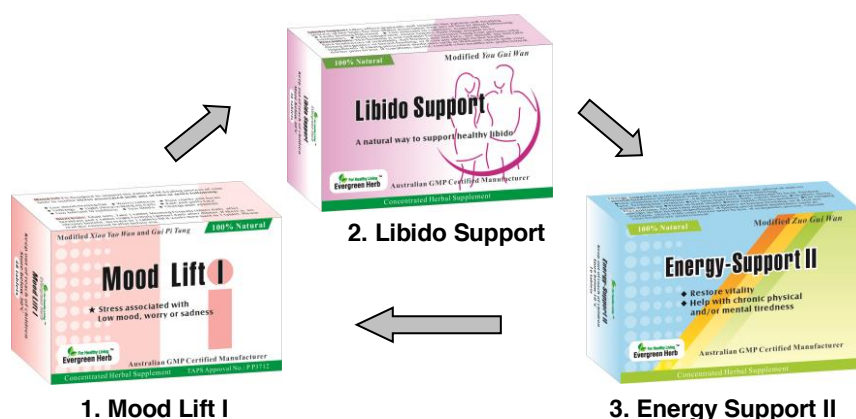
Adults only. Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

If you have irritability/anxiety, restlessness, restless sleep, bloodshot eyes, bad breath, bitter taste, youth acne or constipation, stop taking **Libido Support** and alternate **Inner-calm** or **Tension-free I** (3 days) with **Better Digestion** (2 day) and repeat the cycle until the above conditions improve. Then restart **Libido Support**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate **Mood Lift I** (5 days), **Libido Support** (7 days) and **Energy-Support II** (3 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

Special precautions:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, or constipation (excessive Yang-type person).
- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Keep warm (living environment and clothing). Avoid cold drinks (including cold milk)/foods.
- Do regular but not excessive physical exercise.

Meno-ease I Modified *You Gui Wan* (Warm formula). Reinforce Kidney Yang and Spleen Qi/Yang. Balance hormone.

Menopause syndrome associated with any two or more of the following:

- ◆ Low mood, worry/sadness ◆ Feeling cold, especially the extremities ◆ Bloating, prone to loose stool ◆ Low tolerance to cold ◆ Pale and puffy or dull face, loose tummy

Usage guideline for Meno-ease I:

Adults only. Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

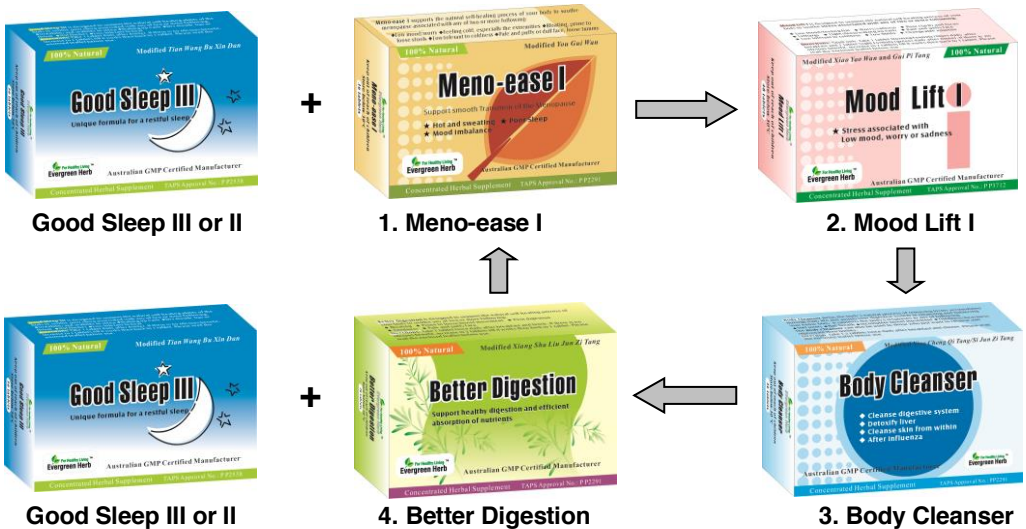
For those who have poor sleep, either **Good Sleep II** or **Good Sleep III** is recommended while using **Meno-ease I**.

If you have dominant empty heat with irritability/anxiety, feeling hot and restless, poor sleep, frequent thirst, dry skin/lips/eyes, low tolerance to heat or constipation, stop taking **Meno-ease I** and use **Meno-ease II**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above four formulas (each for 5 days). Continue the cycle for two months, and then take a one to two month break before starting the next course if needed. For those who have poor sleep, either **Good Sleep II** or **Good Sleep III** is recommended while using **Meno-ease I** and **Better Digestion**.

Special precautions:

- This remedy is not suitable for those who have tendencies of anxiety, anger, feeling hot/flushing, bloodshot eyes, bitter taste, or constipation (excessive Yang-type person).
- For women who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Keep warm (living environment and clothing). Avoid cold drinks (including cold milk)/foods.
- Do regular but not excessive physical exercise.

Meno-ease II Modified *Zuo Gui Wan* (Cool formula). Tonify Kidney Yin and Liver blood. Tonify Spleen Qi. Clear empty heat. Balance hormone.

Menopause syndrome associated with any two or more of the following:

- ◆Anxious ◆Hot flushes, easily thirsty, dry skin/lips/eyes ◆Prone to hard stool
- ◆Low tolerance to heat ◆Low stamina/easily exhausted

Usage guideline for Meno-ease II:

Adults only. Take 1 tablet twice daily after breakfast and lunch. If there is no significant benefit increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to this formula, take one or half a tablet after breakfast.

The **Better Digestion** formula should be used to aid **Meno-ease II**. Alternate **Meno-ease II** (5 days) with **Better Digestion** (2 days). Repeat this cycle for one to two months.

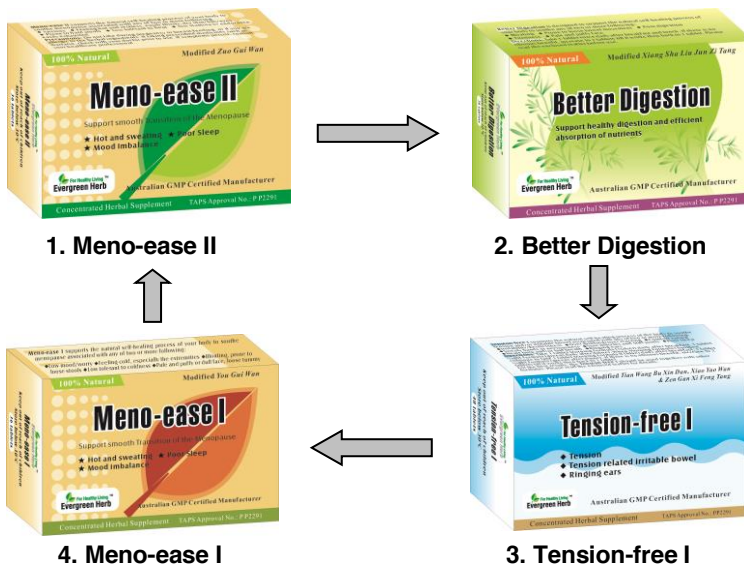
For those who have poor sleep, either **Good Sleep II** or **Good Sleep III** is recommended while using **Meno-ease II**.

If you have dominant deficiency of Kidney Yang, menopause symptoms combined with low mood/depression, use **Meno-ease I**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above four formulas (each for 4 days). Continue the cycle for two months, and then take a one to two month break before starting the next course if needed.

Special precautions for women:

- For those who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Menstru-ease Modified *Zhi Bai Di Huang Wan* (silver-morning, cool formula). Nourish Kidney Yin. Reduce empty heat and bleeding. /Modified *Gui Pi Tang* (green-night, warm formula). Tonify Spleen Qi and nourish Heart blood. Calm Shen.

◆ Heavy bleeding/spotting ◆ Menstrual cramps

Usage guideline for Menstru-ease:

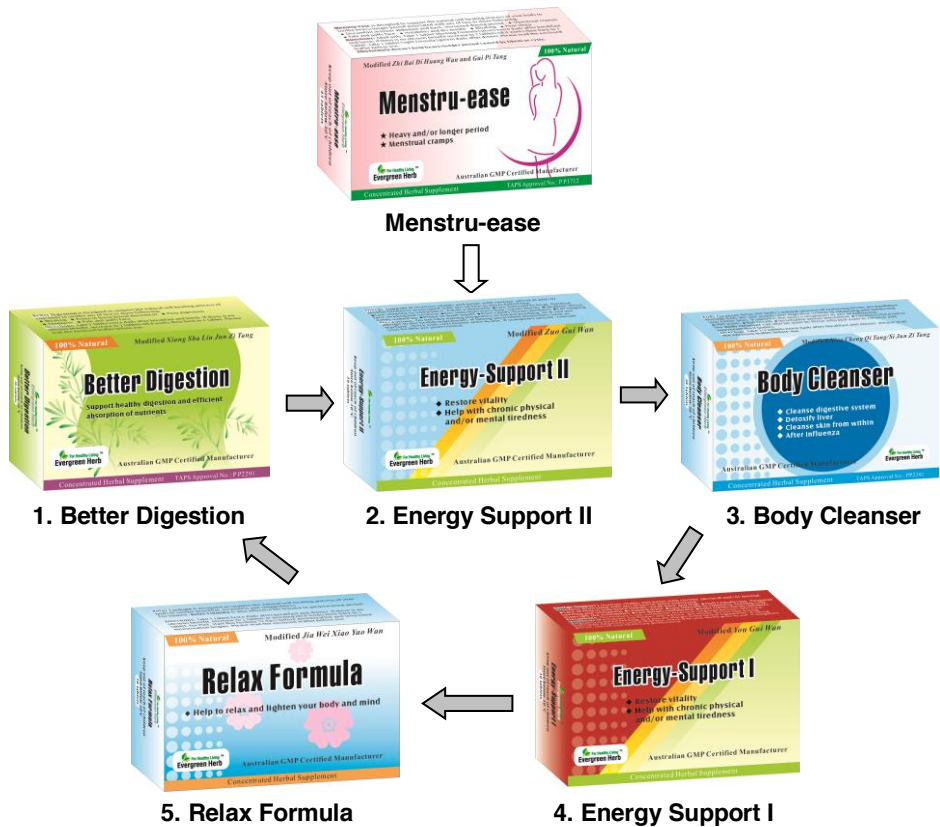
Adults only. Take 1 tablet Morning Formula (silver) twice daily after breakfast and lunch. Take 1 tablet Night Formula (green) daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet.

Menstru-ease should be used over the menstrual period for heavy bleeding or spotting until menstruation reduces to a normal level or reverts back to the normal period, respectively.

Course of usage:

Take as necessary.

Holistic strategy to target stubborn conditions or to stabilize the best results:



These formulas are used after menstrual period with or without using **Menstru-ease**. Alternate the above five formulas (each for 4 days). Continue the cycle for two to three months, and then take a one to two month break before starting the next course if needed.

Special precaution:

- The Night Formula (green) may cause drowsiness for some individuals.
- This product is for persons who have heavy bleeding or spotting caused by imbalance of hormones rather than fibroids and cysts.
- For those who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Mood Lift I Modified *Jia Wei Xiao Yao Wan* (blue, neutral formula). Spread Liver Qi to resolve Qi and blood stagnation, enhancing mental and physical relaxation. /Modified *Gui Pi Tang* (green, warm formula). Tonify Spleen Qi and nourish Heart blood and Zhong Qi to promote feelings of happiness. Calm Shen.

◆ Stress associated with low mood, worry/sadness ◆ Poor clarity and focus ◆ Lethargy ◆ Light sleep ◆ Poor digestion ◆ Bloated stomach ◆ Pale and puffy face ◆ Decreased libido ◆ Low tolerance to cold

Usage guideline for Mood Lift I:

Adults only. Take 1 tablet Morning Formula (blue formula) daily after breakfast and 1 tablet Night Formula (green formula) daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to these formulas, take half a tablet each time.

The Night Formula (green) soothes light sleep. If sleep quality improves, one or two tablets (green formula) may be used every second or third night depending on your sleep quality.

If you have irritability/anxiety, restlessness, bloodshot eyes, bad breath, bitter taste or constipation, stop taking **Mood Lift I** and alternate **Tension-free I** (3 days) with **Better Digestion** (2 day) and repeat the cycle until these conditions improve. Then restart **Mood Lift I**.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above formulas 1 to 4 and take each for 4 days. If you have poor sleep, take either **Good Sleep II** or **III** with formula 3 and 4. Continue the cycle for two months, and then take a one to two month break before starting the next course if needed.

Special precautions:

- The Night Formula (green) may cause drowsiness for some individuals.
- Do not combine with anti-depressant or sedative medication.

Healthy tips:

- Have a bright working and living environment (sunshine or well-lit areas).
- Incorporate ginger, onion or pepper in your diet.
- Do regular but not excessive physical exercise, enough to be sweating lightly.

Mood Lift II Modified *Xiao Yao Wan* (blue, neutral formula). Spread Liver Qi to resolve Qi and blood stagnation that blocks the meridians. Release joint and muscle pain. Enhance mental and physical relaxation. /Modified *Zen Gan Xi Feng Tang* (silver, cool formula). Bring down Liver Yang. Clear Heart heat. Calm Shen/mind.

◆ Stress related low mood/frustration, sore muscles and stiff joints ◆ Decreased libido ◆ Busy mind/hard to sleep ◆ Achy, tight and/or heavy muscles, commonly found at neck and shoulders

These symptoms may be triggered or aggravated by stress or frustration.

Usage guideline for Mood Lift II:

Adults only. Take 1 tablet Morning Formula (blue) daily after breakfast and 1 tablet Night Formula (silver) daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to these formulas, take half a tablet each time.

For those who have poor sleep, alternate **Mood Lift II**, **Good Sleep II** and **Good Sleep III**. Take each formula for 4 days.

Course of usage:

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

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above four formulas (each for 4 days). Continue the cycle for two months, and then take a one month break before starting the next course if needed.

Special precautions:

- Do not combine with anti-depressant or sedative medication.

Healthy tips:

- Do regular but not excessive physical exercise, enough to be sweating lightly.

Natural Beauty Modified *Zuo Gui Wan* (Cool formula). Nourishes Kidney Yin and Jing, and Liver blood. Nourish skin and hair.

A natural way to bring health and beauty from within, particularly effective for any of the following:

- ◆ Dry skin with wrinkles ◆ Dry lips with cracks ◆ Dry, dull and brittle hair
- ◆ Dry and dull eyes

Usage guideline for Natural Beauty:

Take 1 tablet twice daily after breakfast and dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to this formula, take one or half a tablet after breakfast.

The **Body Cleanser** formula should be used **before** taking **Natural Beauty**. Then alternate **Natural Beauty** (5 days) with **Better Digestion** (2 days) and repeat the cycle.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Take **Body Cleanser** first. Then alternate **Natural Beauty** (7 days), **Better Digestion** (2 days) and **Energy-Support I** (2 days). Repeat this cycle for two months. Restart the next course beginning with **Body Cleanser** if needed.

Special precaution for women:

- For those who have endometriosis, uterine or ovarian cysts, please see your herbalist for personalised herbal prescriptions.

Healthy tips:

- Do regular but not excessive physical exercise, enough to be sweating lightly.
- Avoid sleeping late

Relax Formula Modified *Jia Wei Xiao Yao Wan* (Neutral formula). Spreads Liver Qi to resolve Qi and Blood stagnation. Tonify Spleen Qi. Enhance mental and physical relaxation.

- ◆ Help to relax and lighten your body and mind
- ◆ For women, tension in pre-menstrual period

Usage guideline for Relax Formula:

Adults only. Take 1 tablet twice daily after breakfast and dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For PMT, start this formula 12 days before menstruation and stop when menstruation begins. For those who are sensitive to this formula, take one or half a tablet daily after breakfast.

Course of usage:

Use as necessary.

Holistic strategy to target stubborn conditions or to stabilize the best results:



After menstruation, alternate the above five formulas (each for 4 days). Continue the cycle for two to three months, and then take a one month break before starting the next course if needed.

In case of PMT, if there is heavy bleeding or spotting use **Menstru-ease** during menstruation.

Special precautions:

- Do not combine with anti-depressant or sedative medication.
- For PMT, avoid cold drinks (including cold milk) and cold living environment during menstruation.

Healthy tips:

- Take a few deeply inhaling and long exhaling breaths when you are feeling flat or stressed.
- Do regular but not excessive physical exercise.

Tension-free I Modified *Zen Gan Xi Feng Tang* (silver, cool formula). Bring down Liver Yang. Clear Heart heat. Calm Shen/mind./Modified *Tian Wang Bu Xin Dan* (green, cool formula). Nourish Kidney and Heart Yin. Clear empty heat. Calm and nourish the mind./Modified *Jia Wei Xiao Yao Wan* (blue, neutral formula). Spread Liver Qi to resolve Qi and Blood stagnation. Tonify Spleen Qi. Enhance mental and physical relaxation.

◆ Tension ◆ Tension related irritable bowel ◆ Irritability/Restlessness ◆ Over thinking/over reacting ◆ Sweaty hands or nervousness ◆ Sore muscles and stiff joints ◆ Poor sleep ◆ Heart burn and/or bad breath ◆ Comfort eating

These symptoms may be triggered or aggravated by emotional upset or stress.

Usage guideline for Tension-free I:

Adults only. Take 1 tablet Morning Formula I (silver) daily after breakfast, 1 tablet Night Formula (green) daily after dinner. When Morning Formula I (silver) is finished, begin to take 1 tablet Morning Formula II (blue) daily after breakfast and 1 tablet Night Formula (green) daily after dinner. If there is no significant benefit, increase to 2 tablets until there is stable improvement, then back to 1 tablet. For those who are sensitive to these formulas, take half a tablet each time.

The **Better Digestion** formula should be used to aid **Tension-free I**. Alternate **Tension-free I** (5 days) with **Better Digestion** (2 days). Repeat this cycle.

Course of usage:

One to two months. Take a one month break before starting the next course if needed.

Holistic strategy to target stubborn conditions or to stabilize the best results:



Alternate the above five formulas (each for 5 days). Continue the cycle (steps 1-5) for two months, and then take a one to two month break before starting the next course if needed.

Special precautions:

- The Night Formula (green) may cause drowsiness for some individuals.
- Do not combine with anti-anxiety or sedative medication.

To maximise herbal efficacy:

Five minute relaxation exercise (do at least twice a day): (a) Find a quiet place with fresh air circulation; (b) Stand up or sit down with unknitted brows; (c) Clear your mind of thoughts. Think of relaxing each part of the body from head to foot and then relax the whole body from the internal to joints and muscles; (d) Take 3 long deep breaths into your lower abdomen, steadily and slowly inhaling through the nose and exhaling through the mouth; (e) Maintain a clear, relaxed mind for the duration of the exercise.