

Three product types:**Herbal Sets (1 bottle of vegetable capsules and 1 or 2 liquid tincture dropper bottles).**

All Herbal Sets are Shrink-wrapped. A squeeze dropper is part of the tincture lid. These herbal sets combine a unique blend of Chinese and Western herbs enhanced by powerful immune building tinctures. **The standard usage is four capsules and 3/4 dropper (.75ML) of each tincture taken once daily with a meal. Duration is 18 days.** Eating a meal reduces the possibility of tasting the herbal flavors later and is a bit easier on the digestive system. Tincture bottles have small bottom bases. *Be careful, as they tend to fall over and spill easily.* After you have taken the plastic wrap off the herbals, we recommend you put a rubber band around the entire set to hold the tincture bottles together with the larger bottle to keep them from tipping over and spilling. If you have more than one herbal set to take, you can split them up and take them at different times of the day. Example: If you are taking **three sets** you can take one at breakfast another at lunch and the third at dinner. If you dislike the taste of the liquid tinctures, see the alternative instructions in the Tincture section.

Capsules Only - Not Part of a Set

A general recommendation is to start with six capsules a day and cut back gradually. Example: Take three at breakfast and three at lunch or dinner. Reduce intake to five a day then four, then three, then two daily for the remainder of the bottle. Practitioners should determine how many days between each reduction.

Single Tinctures (tinctures sold alone, not part of a set)

A general recommendation is to take one dropper (1 ML) orally twice daily. One or multiple tinctures can be taken in the morning, noon or evening. If the taste of tinctures is unpalatable, see Tincture section for other suggestions.

Putting Tinctures Inside Empty Vegetable Capsules: Do Not Fill In Advance! Herbal sets come with a plastic bag of empty vegetable capsules - approximately 20 empty capsules for each tincture bottle. Fill the capsules as follows: 1. Shake the closed tincture bottle thoroughly. Squeeze the dropper bulb and shake again. Sometimes the tip of the dropper will be blocked. You may clear this by running it under hot water and using a toothpick in the narrow end to remove excess herbs. 2. Pull apart one vegetable capsule for each tincture bottle in that set. Notice that you now hold a short and a long section. Using the dropper provided, squirt liquid tincture into the longer section of the capsule until **3/4** full with liquid. Slide the capsule's short section back in place. Repeat this process quickly, if you have a second tincture in that set. **Do Not Fill In Advance! The capsules will dissolve in 90 seconds after filling.**

If you believe you may have a serious or life threatening reaction to a particular ingredient, DO NOT TAKE IT!

Note: DO NOT take products #92, 93, 122, 123, or 124 with any other herbal products. We also recommend that you not take vitamin or mineral supplementation while taking these products. **Note: Product # 82** Take two capsules and 3/4 dropper (.75ML) of tincture once daily with a meal for ten days, followed by three capsules and one dropper (1ML) of tincture once daily with a meal for the next ten days.

General Guidelines:

These herbal formulas work very deeply to balance the body systems. You may sometimes feel worse before feeling better. Many people take two or three sets per day. When taking herbals for the first time, it is best to avoid starting right before a vacation or on a weekday because of the possibility of diarrhea (see below). We suggest that you start the herbals on a Friday night. If diarrhea starts it usually will be in the first 1-2 days. If you must start the herbals on a weekday, start taking them around 5:00 p.m. **WARNING: Please do not take more of something just because it makes you feel good. Follow your practitioner's instructions exactly. If you are having any adverse reactions, stop taking the herbals and call your practitioner immediately. Do not take these products if you are pregnant or nursing.**

Swallowing capsules (or tinctures): If swallowing capsules is an issue, open four dry powder capsules, mix them with one dropper (1 ML) of each tincture, and add 2-4 ounces of juice and drink. Grapefruit or pineapple juices are excellent. Another idea is to put them in applesauce.

TINCTURES "A blend of amino acids, enzymes, proteins, vitamins, minerals and herbs in a liquid base." Some people like to take the tinctures by squirting them directly at the back of the tongue. Many people do not like the taste. Squirting the tinctures inside the empty vegetable capsules provides an easy alternative method and *there is no taste at all!*

VARIATIONS FOR SENSITIVITY OR REACTIONS:

If you think you may be sensitive or have problems with nausea or bowel problems, divided dosage in half. Take two dry blend capsules in the morning with one of the tinctures (you choose) and the other two dry blend capsules at dinner with the remaining tincture. Total usage for the day is four dry capsules and one squeeze of each tincture.

On Again - Off Again Technique This technique works for almost any reaction such as headache, nausea or diarrhea. If you have a reaction that is still unpleasant or have all liquid diarrhea on the second day, stop taking the herb sets. Wait a few days (2 to 4) and begin again. Any reaction usually will be absent or diminished. This may be repeated several times if necessary. If you have nausea, drink juice or water and eat a light meal. The nausea should go away in 15-20 minutes.

RECOGNIZING ACUTE DIARRHEA

Only a small percent of people taking herbs develop diarrhea. It is a common finding that most people start feeling better right away without any diarrhea. As long as you have some solid fecal matter, such as small dime sized pieces floating in the bowl, diarrhea will not be of much concern. Many people have gone a long time with part solid, part watery stools and experienced no ill effects. Often diarrhea subsides without treatment within two or three days. However, the elderly are more vulnerable because of diminished immune function. If you have any concerns - Contact your practitioner first or call 911. A general recommendation is to not take over-the-counter anti-diarrheal medications for the first few hours, since the diarrhea may be ridding your body of infectious agents or irritants. If work or other obligations necessitate the use of an anti-diarrheal medication, use one containing loperamide (such as Imodium A-D) or bismuth subsalicylate (such as Pepto-Bismol), read and follow package directions. Limit (or avoid) milk products, alcohol, and foods rich in fiber during your recovery.

When to call a medical doctor: Call a doctor if diarrhea persists for more than 48 hours or is accompanied by lightheadedness, severe cramping, and fever over 101 F, or blood in the stool. Call a doctor if diarrhea recurs frequently. Call a doctor immediately if any person shows signs of dehydration. *It must be emphasized that if you have, or think you have, a condition that requires medical attention you should promptly seek qualified professional health care. It is not the intention this document to medically diagnose or prescribe. Do not take these products if you are pregnant or nursing.*

RETURN / CANCELLATION POLICY:

If you paid your health care specialist for products, contact them for their return policy procedure. Seals and/or shrink-wrap must be unbroken. *Herbs by themselves can only do so much. For optimal results, they should be used in the context of a natural wholesome diet, ample exercise and rest, a positive attitude, fulfilling work and a simple lifestyle.*