

NHP 4 VITAL- 4



The ingredients are known to build up energy, relieve pain and swelling. The combination of herbs promotes circulation to the head and can erase headaches and dizziness. It relieves stomach pain and pain in the legs and feet. It builds up energy in the waistline and relieves lower back pain. (80 capsules)

Ingredients:

Dang quai (Angelica)	Root
Cnidium rhizome (Selinum)	Root
Eucommia (Wood Cotton)	Bark
Licorice radix (Glycyrrhizae)	Root
Semen plantaginis	(Vegetable) Seeds
Radix bupleuri (Hare's ear plant)	Root

5% other herbs

Can be combined with:	1, 2, 3, 4, 10, 11, 12, 14 (1-2 hrs apart), 15, 17, 25, 26, 27, 28, 29 and 30. Select one only to combine for effective use.
Recommended Use:	Take 2 capsules twice a day with lukewarm water. People with swollen feet, headaches or menstrual cramps should take 3 capsules twice a day.
Meridians:	Stomach, liver, kidney, spleen