

**NHP 2 - GINSENG ALFA FORMULA**  
bottle

80 capsules per

According to the Chinese medicine approach, this product has the ability to normalize high and low blood pressure. Once the blood pressure is normalized and you have begun to make lifestyle changes that improve your overall sense of well being, you can stop taking the formula. The product does not have any side effects. Take the blood pressure regularly and observe the progress. In addition to using this product, dealing with anger, frustration, stress and salt intake are all key to regulating high blood pressure.

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**Meridian / System:** heart

**Recommended Use:**

*Adults:* Take 6 capsules daily - 3 capsules between 9:00 am and 11:00 am and 3 capsules at bedtime.  
*Children:* 4 capsules daily - 2 capsules between 9:00 am and 11:00 am and 2 capsules at bedtime.

**Programs to consider:**  
none

**Restrictions / Notes:**

Should not be taken by women who are pregnant, menstruating or breast-feeding.

**Can be combined with:**

1, 4, 5, 19, 25, 28, 29, 30, 36, 43  
Select **ONE ONLY** to combine with for effective use.

