NHP 28 - ANTI-STRESS FORMULA 80 capsules per bottle

According to the Chinese approach to health, while stress itself is not a disease, it triggers many disease processes. The ingredients are known to help stress and anxiety by balancing the heart energy. May be helpful for children who are hyper and for individuals experiencing insomnia, dizziness, stress or mood swings. It quickly calms and reduces stress. It can be taken at any time with no side effects.	地 黃
Meridians / Systems: lungs, heart, spleen, stomach, liver and kidneys **Recommended Use**: *Adults*: Take 2 capsules twice daily. *Children*: Take 1 capsule twice daily. **Restrictions / Notes**: none	**Can be combined with**: 1, 2, 4, 5, 7, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 29, 30, 35, 36, 43 Select **ONE ONLY** to combine with for effective use. **Programs to consider:** Alcohol and drug program - # 8 (6, 28) Stress and depression program - # 15 (3, 28) Steps to beat cancer program - # 30