

NHP 4 - VITAL 4 FORMULA
bottle

80 capsules per

According to the Chinese approach to health, Vital 4 supports the kidney and the spleen meridians. It aids in the elimination of excess water from the system. When kidney energy is low, water may be dumped in the ankles, feet or other parts of the body as edema. People with edema should not consume excess salt as that will further deplete the kidney energy and will also raise the blood pressure. It aids in the reduction or elimination of varicose or spider veins. It is used to relieve headaches and tendonitis by promoting circulation and increasing stamina. Combining NHP 3 and NHP 4 may create a tonic to address such problems as lupus, fibromyalgia, chronic fatigue and MS. The product promotes circulation to the head and may erase headache and dizziness. It relieves pain in the stomach, legs and feet. It builds up energy in the waistline to relieve back pain.

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Meridians / Systems: spleen, liver, stomach and kidneys

Recommended Use:

Adults: Take 2 capsules twice daily. Select **ONE ONLY** to combine with for effective use.

Programs to consider:

Lupus and fibromyalgia program - # 13 (3, 4)

Hangover relief program - # 19 (40, 4)

Digestive program - # 26 (9, 4)

Restrictions / Notes:

People with swollen feet, headache or menstrual cramps, take 3 capsules twice daily.

Can be combined with:

1, 2, 5, 10, 11, 12, 14 - Must be taken two hours apart.

15, 17, 25, 26, 27, 28, 29, 30, 36, 43

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