

## NHP 1 - KNOTTED GINSENG FORMULA

80 capsules per bottle

bottle

The Chinese approach to health uses this product to bring cholesterol into a healthy range by helping to dispose of fatty substances from the blood. Cholesterol levels are affected by many factors such as family tendency, food, exercise level and stress. It is important to eat right, get enough exercise and control your stress. Foods that we eat can affect our health. You are what you eat. Eating too much seafood and meat can increase the cholesterol level. Emotion and stress can also increase the cholesterol level. Because herbs deal with the underlying cause of the cholesterol imbalance, you only take them until your cholesterol level is normalized. You do not need to remain on this formula for life. As with most herbal formulas, Knotted Ginseng is not addictive and does not have side effects.



**Meridian / System:** heart

**Recommended Use:**

*Adults:* Take 6 capsules daily - 3 capsules in the morning on an empty stomach and 3 capsules at bedtime.

*Children:* Take 4 capsules daily - 2 capsules in the morning on an

**Restrictions / Notes:**

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

**Can be combined with:**

2, 3, 4, 5, 19, 25, 28, 29, 30, 36, 43  
Select **ONE ONLY** to combine with for effective use

empty stomach and 2 capsules at  
bedtime.

**Programs to consider:** none