



**How to use Yin Restore, Mobility Recharge, Burdock Extract, Goji Extract**

**Yin Restore:** Take 5 drops - 1/2 dropper orally or in 1/2-1oz of warm water 40 mins after meal, or in between meals, twice daily. For those not wanting to consume alcohol, place drops on a teaspoon or into 1/2 oz warm liquid (tea or water) for 5-10 min to evaporate the alcohol before consuming.

**Yin Restore** can help the following: Hot flashes, fatigue, night sweats, vaginal dryness, lower back soreness, discomfort or weakness, dizziness, occasional ear ringing, dry skin, unquenchable thirst, irritability, insomnia, easily angered or frustrated, nocturnal emissions, chronic sore throat, chronic swelling of gums and chronic toothache.

**Mobility Recharge:** Take 5 drops - 1/2 dropper orally or place in 1/2-1oz of warm water 40 mins after meal, or in between meals, twice daily. For acute cases, take 1/2 dropper 3-4 times daily as needed to help alleviate pain. For smoother taste, eat a few raisins directly after consuming. For those not wanting to consume alcohol, place drops on a teaspoon or into 1/2 oz warm liquid (tea or water) for 5-10 min to evaporate the alcohol before consuming.

**Mobility Recharge** can help the following: stiffness and numbness in the joints and body, lumbar pain, knee and joint pain, decreased mobility from weak Kidney and Liver function, inflammation and poor circulation. Mobility Recharge helps to strengthen weak legs, relieve soreness in the back, warm cold hands and feet, prevent bone loss and muscle weakness, recharge the body postpartum, help conditions like osteoarthritis, rheumatic arthritis, rheumatoid arthritis, rheumatic back pain, and sciatica etc.

**Burdock Extract:** Take 5 drops - 1/2 dropper orally or in 1/2-1oz of warm water 40 mins after meal, or in between meals, twice daily. You can drink it as tea, just measure to your desired taste in about 1/2 cup of warm water. For those not wanting to consume alcohol, place drops on a teaspoon or into 1/2 oz warm liquid (tea or water) for 5-10 min to evaporate the alcohol before consuming.

**Burdock Extract** can help the following: sluggish lymphatic system, constipation, sore throat, mumps, tonsillitis, cough, psoriasis, eczema, contact dermatitis and gout, inflammation, Crohn's disease, food stagnation, phlegm, swelling, Liver damage, high blood sugar, high blood fat, high blood pressure. Burdock Extract can reduce the accumulation of toxins and waste in the body and is a strong Blood purifier.

**Goji Extract:** Take 5 drops - 1/2 dropper orally or in 1/2-1oz of warm water 40 min after meal, or in between meals, twice daily. For those not wanting to consume alcohol, place drops on a teaspoon or into 1/2 oz warm liquid (tea or water) for 5-10 min to evaporate the alcohol before consuming.

**Goji Extract** can help: fight free radicals, help treat and protect the eyes from red eyes, glaucoma and cataracts, improve vision, detoxify the Liver, boost fertility, keep energy and mood high, promote healthy skin and help to stabilize Blood sugar.