



STRESSFUL MOOD & TENSION SUPPORT

Decompress is used traditionally to promote a healthy mood response to stress and to relax tight muscles that can cause tension headaches.* The recipe is based on the most widely used herbal formula in China, **Xiao Yao San**. The phrase means “free and easy wanderer,” suggesting one without burdens, who has absolute freedom and enjoys the resulting sense of peace.*

TRADITIONAL FUNCTIONS

The herbal ingredients in Decompress have been used historically to:

- » reduce irritability, short temper, and anger
- » moderate tension headache
- » ease feelings of being overwhelmed
- » promote a healthy, positive mood in response to stress
- » support healthy digestion in stressful times
- » assist in seasonal mood support

WHEN TO USE

Use Decompress daily when feeling overwhelmed by the pressures of work and life, or when bottled-up stress leads to negative emotions, such as anger, irritation, and frustration. Use to release muscle tightness when tense or “wound up,” especially when accompanied by stress headache.*

RECOMMENDED USE

Shake well and take 20 drops (1 mL) or half a dropper full per 50 pounds of body weight by mouth two to three times per day, or as directed by your healthcare professional. For fastest results, hold under the tongue for a minute before swallowing. If taste is too strong, dilute first in a small amount of water or other liquid. For those sensitive to alcohol, place drops in heated water and allow to cool; most of the alcohol will evaporate.

✓ FAST-ACTING LIQUID FORMULA

✓ VEGETARIAN

✓ FREE OF SOY, WHEAT & DAIRY

✓ NO ARTIFICIAL FLAVORS OR COLORS

✓ NO ARTIFICIAL PRESERVATIVES

✓ MINIMALLY PROCESSED

✓ TESTED FOR PURITY

✓ SATISFACTION GUARANTEE

✓ MADE IN U.S.A.

ALTERNATE DOSAGES & FREQUENCY

If results are not achieved at the recommended serving size, increase the frequency of use to a maximum of four times per day before increasing the dose. Do not exceed 40 drops (2 mL) per 50 pounds of body weight for adults and 20 drops (1 mL) per 50 pounds for children under 12. Not for use by pregnant or nursing women or by children under age three.

INGREDIENTS

Proprietary Herbal Blend: Bupleurum (root), Bai-zhu atractylodes (rhizome), White peony (root), Chinese angelica (root), Poria (whole herb), Ginger (fresh rhizome), Licorice (root) honey-fried & Mint (leaf)

Other Ingredients: Filtered water, ethyl alcohol from sugarcane (less than 17% by packaged volume), USP pharmaceutical grade vegetable glycerin

CAUTIONS & CONTRAINDICATIONS

While Herbalogic products are available over the counter and safe to use without medical supervision, we recommend consulting your healthcare provider before use, particularly if you have known health conditions or are currently taking prescription medications.

GENERAL GUIDELINES FOR ALL FORMULAS

- » If symptoms worsen or do not improve within five days, consult a healthcare professional.
- » Do not use if pregnant or nursing.
- » Formulated for use in adults; see your healthcare professional and alternative dosing instructions for use in children under age 12.
- » Unless otherwise indicated, formulas are not for use in children under age three.
- » Do not use if tamper resistant safety seal is missing or broken.

SPECIFIC CAUTIONS FOR DECOMPRESS

It's important to use Decompress as intended to promote maximum health. In addition to the General Cautions for All Formulas section, please follow these guidelines:

- » Do not use Decompress with uncontrolled hypertension.

NOTES

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.