

# Decompress MX<sup>™</sup>

HERB CAPSULES | FACTS & INSTRUCTIONS



## MAXIMUM MOOD SUPPORT

Decompress MX capsules take our Decompress liquid formula to the next level. Beyond herbs to promote a healthy mood response to stress and tension, Decompress MX contains botanical extracts to support those experiencing occasional depressed or "blue" moods, such as sadness, grief, and despair.\*

## TRADITIONAL FUNCTIONS

The herbal ingredients in Decompress MX have been used historically to:

- » reduce temper and anger flare-ups
- » lessen feelings of being "down" or "blue"
- » promote a positive mood response to stress
- » moderate muscle stiffness and occasional pain
- » relieve tension headache

## WHEN TO USE

Use when feeling down, gloomy, or overwhelmed, especially when these alternate with anger, irritation, or tension, such as may occur with major life events or, in women, the onset of monthly periods (PMS).\*

## **RECOMMENDED USE**

For persons up to 150 pounds, take one 500 mg capsule by mouth two to three times per day; for those weighing more than 150 pounds, take two 500 mg capsules two to three times per day; or as directed by your healthcare professional. Do not exceed two capsules at any one time.

~	LONG-LASTING & TASTE-FREE CAPSULES
~	ALCOHOL FREE
~	VEGETARIAN
~	FREE OF SOY, WHEAT & DAIRY
~	NO ARTIFICIAL FLAVORS OR COLORS
~	NO ARTIFICIAL PRESERVATIVES
~	TESTED FOR PURITY
~	SATISFACTION GUARANTEE
~	MADE IN U.S.A.

## ALTERNATE DOSAGES & FREQUENCY

If satisfactory results are not achieved after three days at the recommended serving size, increase the frequency of use to a maximum of four times per day before increasing the number of capsules taken at one time. Capsules should be used with caution in children under 12 years old; consider Decompress or Peacekeeper Herb Drops, which can be more precisely measured in such cases. Not for use by pregnant or nursing women or by children under age six.

## INGREDIENTS

**Proprietary Herbal Blend:** Chinese angelica (root), Bai-zhu atractylodes (rhizome), Poria (whole herb), White peony (root), Bupleurum (root), Nutgrass (rhizome), Silk tree (bark), Ginger (fresh rhizome), Turmeric (tuber), Licorice (root) honey-fried, Mint (leaf)

Other Ingredients: Gluten-free vegetable capsule

# **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. NOTES

#### 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 MX

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

- » Decompress MX contains silk tree bark (albizia), which may alter the effects of antidepressant medications; consult your healthcare professional if you are taking antidepressants.
- » Do not use Decompress MX with uncontrolled hypertension.
- » Use alcohol with caution when taking Decompress MX, especially until you know how your body responds.

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

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