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CHIANG MAI THAILAND
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Brings the nature into our lives

The information and products contained in this information leaflet is not intended to diagnose, treat, cure or prevent any disease.

What is contained in MiroHealth Extra?

250mg capsule contains by weight Pueraria Mirifica (*Kwao Krua Kao*), Nelumbo Nucifera Darth (*Sacred Lotus*), Carthamus tinctorius Linn (*Safflower*) and Piper chaba Hunter (*Long Pepper*). All herbs are in dried powder form.

When is MiroHealth Extra used?

MiroHealth is used for and might:

- Enlarge and tightening of breasts
- Increase body energy
- Increase blood circulation
- Remove or smoothen wrinkles on skin
- Grow, strengthen and darken hair on the scalp
- Lighten menopausal/post-menopausal symptoms such as hot flashes
- Rejuvenating (anti-ageing or slowing ageing)
- Ease sleep disorders
- Improve memory and more

MiroHealth is suitable for females over 20 year of age, transsexuals, female menopausal and males andropausal.

When should MiroHealth not be used?

MiroHealth (WKK01 and WKK02) should not be used in the event of hypersensitivity or allergy to one or more of the ingredients contained in the capsule.

Do not take if you have any form of heart, cancer or liver/kidney problems. If in doubt, always ask your GP, doctor or herbalist.

MiroHealth works best if you have a healthy diet consumption, little or no alcohol consumption and does not smoke. People with high alcohol consumption and smokers may have less benefit from using MiroHealth.

Can MiroHealth be used during pregnancy or lactation?

MiroHealth should not be taken if you're pregnant or are breastfeeding.

What side effects can MiroHealth cause?

Excessive/overdose of MiroHealth may cause diarrhea, irritation of the digestive systems such as constipation and irritation to the bowels as well as vomiting. Should any of these symptoms occur while taking MiroHealth, stop taking it immediately. It is important that you do not take more than 1 or 2 capsules per day.

Dear MiroHealth Tonic and MiroHealth Extra user! Please read this information leaflet carefully as it contains important information which you should follow when using MiroHealth WKK01 and WKK02 capsules containing dry Pueraria Mirifica powder. If you have any questions, please contact us or consult your doctor or herbalist.

What precautions are necessary when using MiroHealth?

When taking MiroHealth correctly as recommended, there is no particular precautionary measures to be taken. However after prolonged use, you should always ensure that your liver and kidney are functioning properly even if MiroHealth is not toxic to your body when taken in 1-6mg/Kg body weight. In any case if you take two capsules in one day it must be divided into morning and evening.

How do you take MiroHealth capsules?

Take one or two capsules daily with food (or milk). If you take two per day, take one in the morning and one in the evening or before bedtime. For younger females take first capsule on the last day of your menstruation period and take for 15, 23 or up to 28 days (depending on the length of your cycle and how it fits you). Then stop and repeat the cycle till next period occurs. If you wish to continue to take MiroHealth during menstruation, you may also do so (alternatively use MiroHealth Breast Cream during this time) but keep in mind that your period might be delayed or un-regularly the first months till your body gets adjusted.

For general health or menopausal/post-menopausal symptoms such as hot flashes take one capsule daily with food morning, evening or before bedtime.

For transsexuals (M2F) take two capsules daily with food morning and evening or before bedtime.

For how long may you use the MiroHealth capsules?

MiroHealth Extra may be used over a longer period of time but please ensure that you are not taking the capsules after expire date shown on the package.

KEEP OUT OF CHILDREN REACH!

Store dry under 25°C in room temperature (not in the bathroom).

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Further contact details found at:
www.anne-selene.com/contacts.cfm
For more information:

<http://www.anne-selene.com/downloads/MiroHealthResearch.pdf>

