



Confident Teenz Support®



CONFIDENT TEENZ SUPPORT® POSITIVE AND SELF-ASSURED

- *Hides in a shell, withdrawn, lonely, unwilling to engage*

+ *Positive attitude, courage, self-confidence, expressive*

A highly effective **outgoing** plant infusion blend to support shy or withdrawn teenagers. Helps to develop a fearless attitude to life encouraging the ability to move out of the comfort zone and meet the world confidently. Uplifting and encouraging. Ideal for teens who want to come out of their shell, make new friends, confront difficulties or make major life decisions and changes.

Confident Teenz Support® is ideal for teenagers who are:

- Communicating through technology rather than in person.
- Having fear of being rejected by peers or being overly concerned with what others might think.
- Feeling different, isolated, misunderstood, like not belonging or not fitting in.
- Worrying about relationships, love, social life, making wrong decisions.
- Expecting the worst and feeling blocked.
- Feeling shy or uncomfortable making new friends, socialising, engaging in group activities or being part of a group.

Benefits:

- Supports a teenager in developing courage, confidence and certainty.
- Assists in being comfortable with being unique and different.
- Helps not to be limited by judgements or opinions of others.
- Supports the ability to confront challenges and work through conflicts to create harmony.
- Assists in developing social skills, be able to engage with with a group and create healthy partnerships.

Ingredients:

Alkaline mineral water, ethanol (natural preservative), aqueous botanical infusions of Cook Strait Groundsel (*Brachyglottis greyi*), Mingimingi (*Leucopogon fasciculatus*), Wineberry (*Aristotelia serrata*), Hinau (*Elaeocarpus dentatus*), Native Iris (*Libertia ixioides*) and Rewarewa (*Knightia excelsa*).

How to Use:

Easy to use 20ml oral drops. Place 2-4 drops directly under the tongue. Repeat 3-4 times daily. Alternatively add 8 drops to a bottle of water and drink throughout the day. Safe to take more frequently if desired and for as long as required. For maximum benefit, once the 20ml oral drops bottle is opened, continue taking until the bottle is finished.

