



HEALTHY TEENZ KIT[®]

CONFIDENT, PEACEFUL AND STRONG



Confident Teenz Support[®]

Stressed Teenz Support[®]

Strong Teenz Support[®]

A carefully combined **empowering** kit containing three First Light Natural Health[®] products that support teenagers with self-development and emotional strength as they explore the rapidly changing world they live in today. The unique combination of New Zealand native plants in this kit effectively supports the building of strength and character that comes from working through life challenges.

Use Healthy Teenz Kit[®] for a teenager who is:

- Going through a tough time at home, at school or with peers.
- Feeling overwhelmed, powerless, withdrawn or negative.
- Feeling emotional, confused or angry.

Benefits:

- Encourages a teenager to develop inner resourcefulness, emotional balance, self-confidence and personal resolve.
- Supports a teenager in developing a healthy and positive relationship with themselves, others and the world.
- Assists a teenager in developing the ability to effectively manage tasks and be successful.

Contains:

- Confident Teenz Support[®] - Positive and Self Assured (20ml oral drops)
- Stressed Teenz Support[®] - Peaceful Mind (20ml oral drops)
- Strong Teenz Support[®] - Emotional Muscle (20ml oral drops)

How to Use:

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 spray bottle is opened, continue taking until the bottle is finished. The emotional remedies in this kit can be taken together or separately.