

Stressed Teenz Support®



STRESSED TEENZ SUPPORT® PEACEFUL MIND

- *Frazzled, escapism, overwhelmed, scattered*

+ *Peace, clarity, able to manage tasks at hand*

A highly effective **unwinding** plant infusion blend to support clarity of mind in teenagers during times of stress and overload. Relaxing and refreshing. Helps to establish priorities and focus on what is important. Ideal to use when studying for exams, doing public speaking, learning a new language, experiencing a study block or needing to complete many tasks at one time.

Stressed Teenz Support® is ideal for teenagers who are:

- Feeling scattered, absent-minded or like they have hit a brick wall with study or learning.
- Being caught in an inner conflict.
- Taking exams, entering university, learning a new language or developing a mental skill.
- Going for an interview or speaking in front of a group.
- Having too many balls in the air or too much is happening.

Benefits:

- Assists a teenager in developing problem solving skills and learning from experiences.
- Supports healthy functioning of the mind and the natural ability to learn and absorb new information.
- Helps to stay calm during times of stress.
- Supports in developing multiple skills to manage multiple tasks.
- Assists in developing an ability to know what is important, how to prioritise to achieve progress.
- Provides assistance in working through the challenges of life and developing inner wisdom and resourcefulness.

Ingredients:

Alkaline mineral water, ethanol (natural preservative), aqueous botanical infusions of Cook Strait Groundsel (*Brachyglottis greyi*), Mountain Parahebe (*Parahebe lyallii*), Matata (*Rhabdothamnus solandri*), Koru (*Colensoa physaloides*), Karamu (*Coprosma robusta*) and Bracken Fern (*Pteridium esculentum*).

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.

