

**S•T™**

Helps to promote serenity, relaxation and focus\*

## TARGETED BODY SYSTEM: NERVOUS SYSTEM\*

For many of us, stress is our greatest health concern. There are healthy ways to manage normal everyday stress such as adopting a whole food, plant-based lifestyle, regular exercise, and stress-relieving practices like yoga and meditation that lead to relaxation and rest. In addition to a healthy lifestyle, S•T™ has been synergistically formulated to naturally help support serenity, relaxation and focus. S•T™ contains 6 whole food, botanical ingredients plus precious pearl to help promote the calm, confident focus you may be seeking.\*

**Primary Structure Function Support:**

1. Promotes serenity, relaxation\*
2. Promotes mental focus\*

**Additional Structure Function Support:**

1. Supports cognitive function\*

**Supplement Facts**

Serving Size: 2 Capsules  
Servings Per Container: 50

	Amount Per Serving	% Daily Value
Calming Proprietary Blend*	1000 mg	
Privet ( <i>Ligustrum lucidum</i> ) Fruit	†	
Knotweed ( <i>Polygonum aviculare</i> ) Leaf	†	
Pearl	†	
Chinese Dodder ( <i>Cuscuta chinensis</i> ) Seed	†	
Chrysanthemum ( <i>Dendranthema x grandiflorum</i> ) Flower	†	
Ginseng ( <i>Panax ginseng</i> ) Root	†	
Cassia ( <i>Cinnamomum aromaticum</i> ) Bark	†	

† Daily Value not established.

Plant Fiber Capsules

100 Capsules | Code: 20020



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## THE SCIENCE BEHIND THE INGREDIENTS



The **Chinese privet** plant has large, glossy leaves and creamy flowers with black berries. This evergreen tree has been used in China for thousands of years to provide overall nourishment and strength.\*



**Knotweed** - This bamboo-like plant can be made into one of China's four great herbal tonics. Its native habitat is actually Japan, where it grows in warm waste-lands. One of the many uses of knotweed is to help calm the nerves.\*



**Pearl** contains many trace elements necessary for the human body and has been traditionally used to enhance beauty and benefit health. Research shows that it can help improve memory and enhance nervous system function.\*



**Chinese Dodder seed** - Although unpopular in some areas for its habit of strangling host plants, this weed is quite useful as an herbal remedy. Since the first century, dodder has been included in herbal manuscripts. Although no longer used to "lift a melancholy humour," dodder does contain beneficial flavonoids still in use today.\*



**Chrysanthemum flower** is excellent for dispelling heat and help counteract inflammation. Every part of the chrysanthemum is edible. The young leaves have a tangy taste and provide flavor or garnish for vegetable dishes. The stalks may be cut and stir-fried. Chrysanthemum is an ancient herb used to treat anxiety by facilitating relaxation.\*



**Panax ginseng** is an adaptogen that has been used for centuries in China. It is considered the "king of herbs." It is used to alleviate fatigue and increase strength and stamina.\*



**Cassia bark** (Chinese cinnamon), a commonly used Asian spice, comes from an evergreen tree with tiny white and yellow flowers. It is often used in toothpaste and mouthwash because it is sweet to the taste and a powerful antiseptic. It was also used traditionally to support a calm and relaxed mood.\*



Helps to Promote Serenity, Relaxation and Focus\*

Botanical Supplement • 100 Capsules



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## QUESTION &amp; ANSWERS

**How can S•T™ help me?**

S•T™ contains 6 botanical ingredients plus precious pearl that have been synergistically formulated to help support serenity, relaxation and focus throughout the everyday stresses of life. Unlike synthetic ingredients, the botanical ingredients in S•T™ have multiple functions which combine to promote the calm, confident focus you may be seeking.\*

**How quickly can I expect to experience beneficial effects from taking this product?**

Please remember that our products are not drugs, nor are they a replacement for drugs and are not meant to treat, cure or prevent disease. Our products contain wholesome plant food ingredients, which support a safe and gradual but significant change, without drug-related side effects. As part of a healthy lifestyle, the results you desire may occur gradually. We encourage you to use our products together with the four pillars of health taught in the science of Nutritional Immunology, which empowers people to improve their lifestyle by: (1) making balanced wholesome food choices, (2) staying positive and happy, (3) exercising daily, and (4) getting sufficient sleep.\*

**Will this product interact with any of my medications? Should I take it if pregnant, nursing, or have any health issues?**

While these products contain wholesome food botanicals and natural ingredients, as with any changes to diet or lifestyle, you should consult your doctor before using. If you are pregnant, breastfeeding, or have any health issues, we encourage you to check with your health care professional before use.

**Will S•T™ make me tired or sleepy?**

Due to the power of plant nutrition, S•T™ will help you relax without drowsiness, help you focus, and support concentration.\*





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

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