

# IDEAS®

For A Better Frame Of Mind®\*

## Stress And Tension, How Do You Cope?

When your mind is beset with stress and nervous tension, memory gaps may occur. Sleep can be interrupted. Poor concentration, lack of focus, and poor judgment can plague your work. And, to make matters worse, concern is mounting over the inappropriate and excessive reliance on prescription drugs to counteract these negative feelings.

## IDEAS is a simple, natural solution for a common problem

- A revolutionary product that's a synergistic blend of natural herbs to help reduce tension and anxiety and enhance mood, while still giving you the ability to function at your optimal level.\*
- Eases feelings of nervousness, reduces tension, sharpens mental focus and improves memory.\*
- Goes well beyond the one-ingredient St. John's Wort products on the market.



## Supplement Facts

Serving Size: 4 Tablets

Amount Per Serving	% Daily Value
St. John's Wort, 0.3% ( <i>Hypericum perforatum</i> , Flowering Parts)	400 mg *
<i>Ginkgo biloba</i> Extract, 4:1 (Leaf)	100 mg *
Basil/Tulsi Extract, 4:1 ( <i>Ocimum sanctum</i> , Leaf)	150 mg *
Lemon Balm ( <i>Melissa officinalis</i> , Leaf)	150 mg *
Eleuthero Extract, 4:1 ( <i>Eleutherococcus senticosus</i> , Root)	200 mg *
Gotu Kola Extract, 4:1 ( <i>Centella asiatica</i> , Plant)	150 mg *
Water Hyssop Extract, 4:1 ( <i>Bacopa monneria</i> , Plant)	150 mg *
Spirulina	5 mg *
Rosemary ( <i>Rosmarinus officinalis</i> , Leaf)	5 mg *
English Lavender ( <i>Lavandula officinalis</i> , Flower)	5 mg *

\* Daily Value not established.

**Other Ingredients** - DiCalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Dextrin, Dextrose, Lecithin, Carboxymethylcellulose Sodium, Sodium Citrate.

Please carefully read product label for instructions, cautions and warnings.

**Suggested Usage:** Take four to six tablets per day.

**Cautions/Warnings:** Not to be used by children under the age of 18. If you are pregnant, expect to become pregnant, lactating, have high blood pressure, are taking medication or are being treated for depression or other psychological symptoms, consult your healthcare professional before taking this product. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Keep out of reach of children. Store at room temperature. Avoid excessive heat. Do not exceed recommended amount of servings. Do not use if inner seal is broken or missing.

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\*These results are not typical and not everyone will experience these results.

## 100% Retail Money Back Guarantee

If you're not completely satisfied with IDEAS, simply return the unused portion within 30 days to your Starlight Independent Distributor for a prompt and complete refund. We guarantee that you will be completely satisfied or your money back!

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.