

Crystal Star™

for the whole person™



PRODUCT ID# 101390 SIZE 60 Capsules



Beautiful Hair & Nails™

HORSETAIL
promotes lustre
and shine**

SAGE LEAF
helps minimize
thinning hair**

GINGER
enhances absorption
of nutrients**

ALFALFA
rich source of
essential minerals**

Beauty comes from within. Beautiful Hair & Nails™ delivers mineral-rich whole herbs to strengthen and beautify hair and nails... from the inside out.

Do you need Crystal Star Beautiful Hair & Nails™?

We all want it... thick, gorgeous hair, and strong, healthy nails. Beautiful hair and nails are mirrors of good nutrition and common-sense care. Changes in hair, even types of hair loss, and nails are often the first indication of nutritional deficiencies. One of the last body areas to receive nutrients carried by the blood, nails especially show signs of trouble before better-nourished tissues do. Changes in their shape, color and texture can reflect internal disorders, and, frequently, diet deficiencies.

Who is Beautiful Hair & Nails™ For?

People with slow hair or nail growth. People with non-hereditary hair loss or falling hair. People with chipping or breaking nails. People with dull, fading hair color. People "on the go" whose diets might be lacking in critical nutrients for hair and nail growth.

How can Beautiful Hair & Nails™ Enhance the Results of Your Health Program?

Whole herbs like nettles and alfalfa are ideal to help beautify hair and nails because they are concentrated sources of nutrition that strengthen the hair and nails. Sea vegetables in the formula are specific supporting beauty nutrients for healthy hair and nails. Ounce for ounce, sea vegetables are higher in essential nutrients than any other food group. They are rich sources of proteins, enzymes, antioxidants and amino acids that your body can easily use for beautiful, healthy hair and nails. Herbs like cayenne and ginger in the formula have potent circulation boosting properties that help deliver those vital nutrients to hair and nails.

about the herbs

Seaweed Powder Blend: (Kelp (*Ascophyllum nodosum*), Dulse (*Rhodymenia palmata*), Bladderwrack (*Fucus vesiculosus*), Irish moss (*Chondrus c.*), Watercress (*Nasturtium off.*): The seaweed blend helps feed your hair from the inside out. The natural iodine in sea greens helps strengthen the thyroid gland; low thyroid activity is a major cause of hair loss in women. A very high source of bioavailable, organic minerals vital to hair and nail growth.**

Nettle (*Urtica dioica*): a gentle, cleansing diuretic which helps the kidneys eliminate acid wastes related to poor skin texture, and reduced hair and nail growth.**

Alfalfa (*Medicago sativum*): one of the richest land sources of minerals and trace minerals (esp. potassium, iron, calcium and magnesium), pulling up minerals from root depths as great as 130 feet! An excellent vegetable protein source to help improve hair and nail growth and texture.**

Parsley Root (*Petroselinum crispum*): helps enhance digestive capability thereby improving nutrient absorption, critical to hair and nail growth. A good source of plant iron for thin or falling hair or poor nail growth related to anemia.**

Rosemary (*Rosmarinus off.*): helps add hair luster; reduces dull or fading hair. Great as a rinse to reduce hair loss, darken and condition hair!**

Sage Leaf (*Salvia off.*): a helpful remedy for thinning hair in women. A high mineral content, tonic herb helpful for thinning hair related to stress or hormone imbalance.**

Horsetail Herb (*Equisetum arvense*): a high silica source for beautiful skin support, hair and nails. Helps add luster and shine to skin and hair.**

Oatstraw (*Avena sativa*): a relaxing nervine for help with stress-related hair loss and chipping, breaking nails. Especially high in calcium.**

Ginger Root (*Zingiber off.*): catalytic; enhances absorption of herbal nutrients in the formula; a supporting circulatory stimulant. The juice can be used topically to stimulate hair regrowth.**

Cayenne (Fruit): catalytic; enhances absorption of herbal nutrients in the formula; a circulatory stimulant.**

Ingredients: Nettle (Leaf), Organic Alfalfa (Leaf) & (Stem), Parsley (Root), Rosemary (Leaf), Sage (Leaf), Horsetail (Herb), Oatstraw (Herb), Ginger (Root), Cayenne Pepper (Fruit), Kelp Powder, Dulse (Leaf), Bladderwreck Powder, Irish Moss (Plant), Watercress (Herb); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)

Directions: Take 3 capsules daily for 1-2 months. For maintenance, 1 capsule daily.

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