

Crystal Star™

for the whole person™

SINCE
1978



Digestive Support™

PRODUCT ID#	SIZE
101560	60 Capsules

ALOE VERA

supports normalized colon function**

PEPPERMINT

supports cramping relief**

SLIPPERY ELM

soothing, promotes tissue repair**

GINGER ROOT

eases digestion**

Do you think you may have an irritable bowel? Here are some possible signs:

- abdominal cramps, bloating and pain
- dehydration; urgency to defecate
- under a great deal of emotional stress
- family history of IBS
- recurrent constipation and/or diarrhea
- unexplained weakness, lethargy or fatigue
- usually depressed or anxious
- rectal hemorrhoids, fistulas or fissures
- heavy smoker or caffeine user
- recently taken a course of antibiotics

What causes Irritable Bowel Syndrome (IBS) and colitis?

The most notable culprit is our modern diet with excessively processed and sugar loaded foods. A lack of fresh food in your diet will result in a lack of natural dietary fiber and enzymes so important to healthy bowel function. Yeast diseases like *Candida albicans* and parasites are a major problem for Americans today as a result of poor diet, and can aggravate IBS symptoms. Dutch tests show up to 20 percent of IBS sufferers have a lactose sensitivity. Other research shows 78 percent of IBS patients have overgrowth of abnormal bacteria in the small intestine that becomes aggravated by too many antibiotics. This imbalance reduces immune response. People who take over-the-counter pain relievers are more affected because too many non-steroidal anti-inflammatory drugs damage the gut lining. Additionally, heavy smokers and coffee drinkers are at higher risk for IBS, as are tense and anxious people under long emotional stress or depression. A small number of cases are genetically prone.

How does Crystal Star Digestive Support™ help to guard against IBS and/or colitis?

Along with proper diet and plenty of pure mineral water, the herbs in this formula help provide crucial immune system support and help to rebuild damaged intestinal tissue. Gently cleansing and soluble fiber is added to help normalize colon function. Whole herbs with inflammation response, anti-spasmodic and digestive properties help relieve discomfort and relax the colon. And, Digestive Support™ helps reduce stress reactions that lead to aggravating irritable bowel attacks.*

about the herbs

Peppermint (*Mentha piperita*): a specific help for irritable bowel; great for relief of cramping, flatulence and symptoms of alternating constipation and diarrhea.**

Aloe Vera (Leaf): helps soothe damaged tissues; normalizes colon functioning.**

Cramp Bark (*Viburnum opulus*): helps reduce uncomfortable colon spasms.**

Slippery Elm (*Ulmus rubra*): a soothing mucilaginous herb that helps repair damaged tissues. Helps relieve acidity, diarrhea, constipation and hemorrhoid problems.**

Marshmallow Root (*Althea officianalis*): a mucilaginous, magnesium-rich herb that helps soothe and repairs damaged tissues.**

Pau d'Arco (*Tabebuia heptaphylla*): an immune-booster and inflammation response that aids digestion; a specific for candida overgrowth, often involved in chronic bowel problems.**

Wild Yam Mexican (Root) (*Dioscorea villosa*): helps work as an anti-spasmodic for irritable bowel and diverticular problems.**

Chamomile (*Chamaemelum nobile*): helps reduce gas and nervous tension related to irritable bowel.**

Hops (*Humulus lupulus*): helps ease nervous tension related to IBS.**

Lobelia (*Lobelia inflata*): an antispasmodic and catalyst that helps boost the effectiveness of the other herbs in the formula.**

Ginger Root (*Zingiber officianalis*): rich in proteolytic enzymes that helps ease digestive symptoms like gas, nausea, indigestion and heartburn.**

Ingredients: Peppermint (Leaf), Aloe Vera (Leaf), Cramp (Bark), Slippery Elm (Bark), Marshmallow (Root), Cats Claw (Bark) (Root), Pau D'Arco Inner (Bark), Wild Yam Mexican (Root), Chamomile (Flower), Hops (Flower), Lobelia (Leaf), Ginger (Root), Peppermint (Oil); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 caps 3 times daily for 1 – 2 months. Then, 2 – 3 caps daily as needed. Children 5 to 12 years, take half adult serving.

** This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2017 Healthy Healing™ Enterprises LLC. All rights reserved. ™ denotes trademarks owned by Healthy Healing™ Enterprises LLC

