

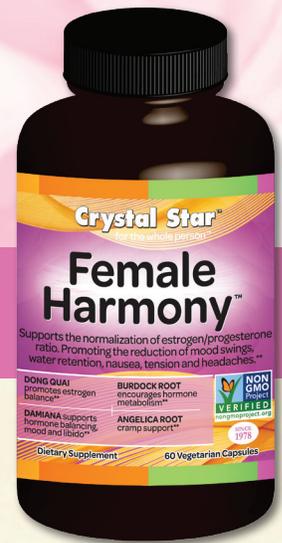
# Crystal Star™

for the whole person™



## Female Harmony™

PRODUCT ID#	SIZE
102300	60 Capsules
102290	90 Capsules



**DONG QUAI**  
promotes estrogen  
balance\*\*

**DAMIANA**  
supports hormone  
balancing, mood  
and libido\*\*

**BURDOCK ROOT**  
encourages hormone  
metabolism\*\*

**ANGELICA ROOT**  
cramp support\*\*

### Do you suffer from PMS?

A whopping 90% of all women between the ages of 20 and 50 experience PMS. For some, it's a minor inconvenience. For others, PMS disrupts their whole lives. Over 150 symptoms have been documented—new ones are being added all the time. The hormone shift in estrogen/progesterone ratios during the menstrual cycle is the major factor in PMS symptoms. Women report the most symptoms in the two week period before menstruation, when the ratios are the most elevated. Women with chronically high estrogen levels (most women today) are the most affected. Low thyroid, stress, and nutrient deficiencies also aggravate PMS.

### What are PMS symptoms?

- Mood swings
- Water retention, bloating
- Sore, swollen breasts
- Cravings for salt and sweets
- Tension, irritability, and depression
- Diarrhea and/or constipation
- Nausea, heavy cramping
- Acne and skin eruptions
- Argumentative, aggressive behavior
- Headaches, lower back pain
- Fatigue

### Can Crystal Star Female Harmony™ break the PMS cycle?

While the right diet and regular exercise can reduce PMS symptoms, herbs can help come to your rescue when symptoms are at their worst. If you've got PMS and need relief, Crystal Star Female Harmony™ may be right for you. Its potent herbal nervines address acute symptoms like mood swings and nervous tension, while gentle plant hormones help correct underlying hormone imbalance for long term relief. Taken regularly, Female Harmony™ can help produce a wonderful feeling of well being, and helps reduce the cycle of bloating and sore, swollen breasts. Your energy and mood may be revitalized. With Crystal Star Female Harmony™, soon PMS will just be a bad memory and you'll be back to feeling your best.\*

## about the herbs

**Dong Quai** (*Angelica sinensis*): estrogen balancer support that helps ease PMS symptoms.\*\*

**Damiana** (*Turnera diffusa*): promotes hormone balancing action; may offer a libido and mood support.\*\*

**Burdock Root** (*Arctium lappa*): a liver cleanser that may improve hormone metabolism. Great help for PMS bloat and swollen, sore breasts.\*\*

**Jiaogolan** (*Gymnostemma pentophyllum*): helps stabilize mood and reduce PMS fatigue. Enhances the body's natural resistance to stress and low blood sugar attacks.\*\*

**Nettle** (*Urtica dioica*): provides cleansing support and a mineral boost. Great for PMS bloat and heavy menstrual flow.\*\*

**Sarsaparilla** (*Smilax medica*): helps balance progesterone for PMS relief.\*\*

**Red Raspberry** (*Rubus idaeus*): uterine tonic; helps regulate menstruation.\*\*

**Oat Straw** (*Avena sativa*): nervine relaxant; rich in absorbable calcium.\*\*

**Seaweed** {Hijiki (*Hizikia fusiform*) extract}: high in bone building, mood stabilizing minerals. A thyroid balancing agent which aids women's problems. A nutrient rich catalyst which boosts the effectiveness of the entire formula.\*\*

**Ashwagandha** (*Withania somnifera*): the "female ginseng"; a specific help for daytime fatigue and nighttime sleeplessness.\*\*

**Maca** (*Lepidium meyenii*): rich in absorbable iodine for a thyroid boost. Helps boost libido and increases energy.\*\*

**Hawthorn L/F/B** (*Crataegus pinnatifida*): helps provide a feeling of well being. Helps ease anxiety attacks and minor palpitations.\*\*

**Angelica Root** (*Angelica archangelica*): A specific help for discomfort and delayed menstruation (emmenagogue). Helps reduce low blood sugar attacks.\*\*

**Yellow Dock Root** (*Rumex crispus*): rich in herbal iron for blood building. Supports low iron problems caused by heavy menstrual flow.\*\*

**Rose Hips** (*Rosa canina*): a valuable source of vitamin C for support of adrenal gland health (good for stress relief).\*\*

**Rehmannia** (*Rehmannia glutinosa*): a yin and blood tonic specific for anemia and menstrual irregularity.\*\*

**Chamomile** (*Matricaria recutita*): soothing nervine help for PMS stress and indigestion.\*\*

**Ingredients:** Dong Quai (Root), Damiana (Leaf), Burdock (Root), Jiaogulan (Herb), Nettle (Leaf), Licorice (Root), Sarsaparilla (Root), Red Raspberry (Leaf), Oat Straw Avena Sativa, Ashwagandha (Root), Maca (Root), Peony (Root) (White), Angelica (Root), Rosemary (Leaf), Yellow Dock (Root), Dandelion (Root), Rose Hips, Fennel (Seed), Ginger (Root), Hawthorn (Berry), Dulce (Leaf), Hijiki (Algae), Rehmannia (Root), Chamomile (Flower), Cinnamon (Bark), Hawthorn (Leaf) & (Flower); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)\*\*

**Directions:** Take 2 capsules daily for 3 months. May be taken daily for 2-6 months.

\*\* 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.

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