

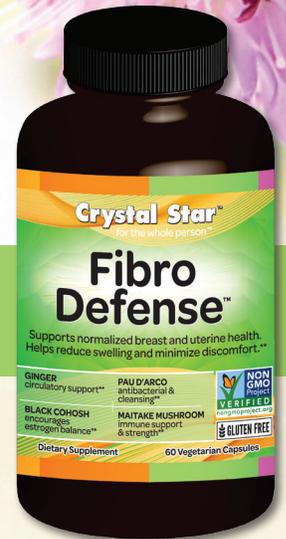
Crystal Star™

for the whole person™



Fibro Defense™

PRODUCT ID#	SIZE
104345	90 Capsules



GINGER
circulatory support**

PAU D'ARCO
antibacterial &
cleansing**

BLACK COHOSH
encourages estrogen
balance**

MAITAKE MUSHROOM
immune support &
strength**

What are fibroids?

Up to 40 percent of American women 35 and older have fibroids. Breast fibroids are moveable, rubbery nodules near the surface of the breasts, causing painful breast swelling. Uterine fibroids, more common than blue eyes, are benign growths between the size of a walnut and an orange, that appear on uterine walls. They can cause excessive menstrual bleeding, abdominal pain, bladder problems, painful intercourse and, in rare cases, infertility.

What causes breast and uterine fibroids?

Excess estrogen that isn't being processed smoothly by the liver and an under-active thyroid are the normal cause for fibroids. A diet high in caffeinated foods and hormone-injected meats can also play a role. Benign fibroid growths usually cease after menopause; new growths after menopause may mean breast or uterine cancer. Avoid synthetic estrogens if possible. They can keep fibroids growing even after menopause.

Note: If you are considering uterine artery embolization (UAE) to remove fibroids, please know that this surgery may increase the risk of complications during a later pregnancy.

How can Crystal Star Fibro Defense™ help?

Natural therapies are consistently successful in helping women to avoid fibroid complications. Breast swelling and uterine cramping can disappear within weeks after a change to a low fat, vegetarian diet. Care for your liver, which metabolizes estrogens, will help to prevent fibroids. Fibro Defense™ contains herbs that target breast swelling, support the liver, as well as help protect against growths and cysts. The natural therapy of Crystal Star Fibro Defense™ can be your first defense helping against painful fibroids.*

about the herbs

Pau d'Arco (*Tabebuia heptaphylla*): a powerful herb helpful for fibroid reduction; antibacterial properties make it useful for breast and uterine infections.**

Maitake Mushroom (*Grifola frondosa*): added to this formula for its immune enhancing support.**

Goldenseal Root (*Hydrastis canadensis*): an anti-inflammatory, antibacterial and tonic help for the female reproductive system.**

Kelp (*Ascophyllum nodosum*): sea veggie minerals in kelp help boost the thyroid, involved in most women's problems, and improve the bioavailability of the formula.**

Watercress (*Nasturtium officinale*): a helpful blood cleanser and diuretic (helps reduce fluid congestion and bloating).**

Bladderwrack (*Fucus vesiculosus*): a North Atlantic species of kelp, high in minerals, that helps boost the thyroid involved in most women's problems; improves the bioavailability of the formula.**

Dandelion Root and Leaf (*Taraxacum officinalis*): helps release bloat and congestion while replenishing minerals.**

Black Cohosh Root (*Cimicifuga racemosa*): encourages estrogen balancing that can help reduce menstrual pain.**

Dong Quai (*Angelica sinensis*): promotes estrogen balance, uterine tonic and antispasmodic.**

Ashwagandha (*Withania somnifera*): a high iron source for women; helpful restorative for women under chronic stress.**

Red Raspberry Leaf (*Rubus idaeus*): helpful uterine relaxant and tonic.**

Yellow Dock (*Rumex crispus*): a rich source of herbal iron for help with blood building; cleanses the liver and improves hormone metabolism.**

Protease: an enzyme that helps to dissolve abnormal tissue and cleanse the bloodstream.**

Ingredients: Ginger (Root), Pau D'arco (Bark), Goldenseal (Root), Wild Yam Mexican (Root), Watercress (Leaf), Burdock (Root), Dandelion (Root), Black Cohosh (Root), Dandelion (Leaf), Cordyceps Sinensis Mushroom, Dong Quai (Root), Protease, Ashwagandha (Root), Licorice (Root), Red Raspberry (Leaf), Yellow Dock (Root), Bladderwrack Plant, Maitake Mushroom, Kelp; Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 capsules twice daily for 2-4 months. Rest 1 month before resuming, if needed.

** 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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