

Crystal Star™

for the whole person™



Herp Defense™

PRODUCT ID#	SIZE
102650	60 Capsules

L-LYSINE
helps in minimizing outbreaks**

DULSE
supports anti-viral activity**

ECHINACEA
supports reinforced immune defense**

RED MARINE ALGAE
supports optimum immune response**

Herpes Simplex is the most widespread of all STD's, affecting 100 million Americans with almost 1,000,000 new cases per year. A lifelong infection, it alternates between virulent and inactive stages, and can be transmitted even when there are no symptoms. Men are more susceptible to recurrence than women, but women are more likely to be infected. Herpes can be transmitted from kissing, oral sex, intercourse, even skin discharges. Outbreaks are opportunistic.... they can be triggered by emotional anxiety, poor diet (especially excess arginine in the body), food allergies, too much drugs and alcohol, hormone imbalance related to the menstrual cycle, sunburn, fever, even a cold. While anti-viral drugs may be helpful for some cases, experts warn of acyclovir-resistance strains that do not respond to standard medical treatment.

Do you have herpes? A full medical diagnosis will be necessary, but here are major warning signs:

- Flu-like symptoms like swollen glands, fever, stiff neck
- Painful blisters appearing on the groin, thighs, buttocks or, in the case of oral herpes, the mouth or face. Blisters rupture in 1 to 3 days, then slowly heal in 3 to 5 days.
- Shooting pains in the thighs and legs

How can Crystal Star Herp Defense™ Enhance the Results of Your Health Program?

- Red marine algae in the formula is rich in sulphated polysaccharide compounds that have proven anti-viral activity.
- L-lysine and astragalus in the formula helps balance body pH and help inhibit viral function, especially if taken at the onset of symptoms.
- Echinacea and yellow dock in the formula helps reinforce immune defenses against opportunistic outbreaks, and cleanse toxins in the blood.

While there is no known cure for herpes, natural therapies support immune defenses to encourage faster recovery and fewer recurrences. Antiviral plants like echinacea and red marine algae produce few or no side effects, and are not as susceptible to the problem of drug-resistance. Take back control of your life—the natural way—with Crystal Star Herp Defense™!

Note: A natural health program for herpes works best in conjunction with relaxation therapies and a low arginine diet.

about the herbs

Red Marine Algae (*Gigartina skottsbergii*): rich in sulphated polysaccharides with proven anti-viral activity. High in plant sterols and sterolins shown to support optimum immune response.**

L-Lysine: an amino acid that is helpful in controlling outbreaks, L-lysine can reduce viral replication and severity of occurrences.**

Dulse (*Rhodomenia palmetta*): a purifying, red seaweed with anti-viral activity. A rich source of bioavailable iron for body strength.**

Licorice Root (*Glycyrrhiza glabra*): contains the constituent glycyrrhizin that has been shown in studies to possess anti-viral properties.**

Yellow Dock Root (*Rumex crispus*): a helpful blood detoxifier for chronic skin problems.**

Echinacea Angustifolia: helps reinforces immune defenses against viral attacks; helps increase production of interferon.**

Myrrh (*Commiphora myrrha*): In vitro tests reveal myrrh can help stimulate white blood cell activity and has anti-microbial properties.**

Marshmallow Root (*Althea off.*): a soothing mucilagenous herb with skin smoothing activity.**

Sage Root (*Salvia miltiorrhiza*): a circulation supporter for mucous membranes.**

Bupleurum (*Bupleurum chinensis*): a premier liver detoxifier that helps with chronic skin problems with discharge.**

Sarsaparilla Root (*Smilax medica*): a skin cleanser that helps relieve itchiness. A hormone balancing remedy for men and women.**

Ingredients: Red Marine (Algae), Echinacea Angustifolia Extract, L-Lysine, Dulse (Leaf), Licorice (Root), Astragalus (Root), Yellow Dock (Root), Oregon Grape (Root), Myrrh Gum, Marshmallow (Root), Sage Powder, Bupleurum, Sarsaparilla (Root); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 caps, 3 times daily for 2 weeks, then 2 caps daily for 2 weeks. For maintenance, take 1 cap daily.

**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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