

Crystal Star™

for the whole person™



Muscle Relax™

PRODUCT ID#	SIZE
101250	60 Capsules



VALERIAN ROOT
helps muscles relax**

JAMAICA DOGWOOD
can ease muscle
spasms**

ST. JOHN'S WORT
promotes relaxation**

CRAMP BARK
supports relief from
mild cramping**

Have you ever experienced a “charley horse”?

If yes, then you know: a “charley horse” can be excruciatingly painful and come without warning. A charley horse (or muscle cramp) is a sudden, intense muscle spasm with tightening and pain. This involuntary contraction produces a hard, bulging muscle which can be seen or felt, usually in the calves or hamstrings. A muscle cramp lasts from a few seconds to 15 minutes or longer, and does not always relax with stretching. Just about everyone is affected by muscle cramps at some point in their life, but athletes, and people with inadequate fluid intake or low electrolyte levels are hit the hardest.

Do you experience painful menstrual cramps every month?

Up to 90% of premenopausal women experience dysmenorrhea (painful menstrual cramps). Menstrual cramps are caused by contractions of the uterus at the onset of menstruation and they can be debilitating. Some research shows that dysmenorrhea accounts for 600 million lost work hours and \$2 billion in lost productivity every year! Symptoms include: cramping in the lower abdomen; nausea; headache; light-headedness; vomiting; and diarrhea.

Is Crystal Star Muscle Relaxer™ an effective alternative to over-the-counter drugs?

Over-the-counter drugs like acetaminophen, ibuprofen and aspirin reduce pain and cramping, but, over the long term, can cause serious problems like GI bleeding, ulcers or liver problems. Muscle Relaxer™ provides cramp and spasm relief for athletes and others at high risk for muscle cramping without these drawbacks and side effects. It helps with PMS and safe enough to use whenever menstrual cramp relief is needed. It can ease nerve and muscle discomfort, and can even ease the symptoms of migraines and TMJ (temporomandibular joint syndrome). Muscle Relaxer™ relaxes while providing broad spectrum cramp relief for whatever your needs are... so you can get back to feeling your best.*

about the herbs

Cramp Bark (*Viburnum opulus*): helps relieve and relaxes muscle spasms; eases menstrual cramps and muscular discomfort.**

Jamaican Dogwood (*Piscidia erythrina*): one of the strongest non-narcotic herbal (anodynes)... especially for menstrual discomfort, facial nerve discomfort, neuralgia, TMJ discomfort, back discomfort, muscle cramps spasms.**

Black Haw (*Viburnum prunifolium*): helps relieve and relaxes muscle spasms; a uterine tonic for menstrual discomfort.**

Rosemary (*Rosmarinus officinalis*): high in bioavailable calcium which helps relax muscles; inflammation response for muscular discomfort.**

Kava Kava (*Piper methysticum*): helps with strong discomfort relieving and muscle relaxing properties; Note: contraindicated with alcohol because it can intensify alcohol's effect.**

St. John's Wort (*Hypericum perforatum*): helps relieve nerve pain, depression and anxiety.**

Passionflower (*Passiflora incarnata*): can be a helpful mild sedative, discomfort reliever and antispasmodic.**

Valerian Root (*Valeriana officinalis*): muscle relaxer especially helpful for neck and shoulder pain.**

Wild Yam (*Dioscorea villosa*): inflammation response which helps relax stiff muscles.**

Red Raspberry (*Rubus idaeus*): a uterine tonic which helps reduce excessive or painful menstruation.**

Lobelia (*Lobelia inflata*): antispasmodic activity; a nerve/muscle relaxant.**

Note: take with plenty of fluids, bottled water or an electrolyte replacement.

Ingredients: Cramp Bark (Bark), Jamaica Dogwood (Bark), Black Haw (Bark), Rosemary (Herb), Kava Kava (Root), Passion Flower (Herb), Valerian (Root), Mexican Wild Yam (Root), Red Raspberry (Leaf), Lobelia (Leaf), St. John's Wort (Aerial Parts); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2-4 capsules, 2-3 times daily as needed to relax.

** 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.

† Caution: Products containing Kava Kava Root are not recommended for use by persons under the age of 18. If pregnant, nursing, or taking a prescription drug, consult a health care practitioner prior to use. Do not exceed recommended dose. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages.

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