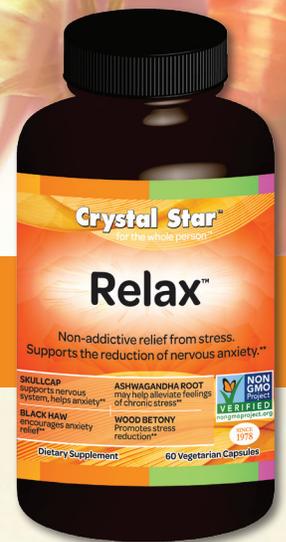


Crystal Star™

for the whole person™



Relax™

PRODUCT ID#	SIZE
103810	60 Capsules

SKULLCAP

supports nervous system, helps anxiety**

BLACK HAW

encourages anxiety relief**

ASHWAGANDHA ROOT

may help alleviate feelings of chronic stress**

WOOD BETONY

promotes stress reduction**

What causes anxiety reactions?

Anxiety and phobias are more than just frightening. During a panic attack, terror can be so great that a person loses reason and reality. Severe, long term financial problems and economic insecurity can generate this kind of fear. Anxiety is tied to emotional and physical stress encountered in daily life—relationship difficulties, job demands, food allergies and nutrient deficiencies of B-vitamins, calcium and magnesium, even our increasingly crowded, noisy environment.

What does an anxiety attack look like?

Most people shiver or tremble. Heartbeat becomes rapid; concentration and focus are difficult; thoughts race; sleep is elusive. Most people suffer indigestion, ulcer or colitis attacks. Irritability, high blood pressure; head and neck aches; dizziness, excessive perspiration; dry mouth and shortness of breath all abound.

Many women confuse panic attacks with heart attacks during menopause because their symptoms seem so severe. Menopausal heart palpitations and nighttime anxiety attacks are extremely common. When I first went into menopause, I remember waking up terrified that I was having a heart attack, but found out later that it was a panic attack.

What makes Crystal Star Relax™ your best choice for anxiety reactions?

While drug therapy can provide good short-term results in anxiety reduction, it has serious drawbacks over time like addiction and oversedation. Antidepressant drugs like Prozac, besides their side effects, change body chemistry and make you more at risk for panic attacks and abnormal behavior. In contrast, nervines are herbs that help tone, relax and have a strengthening effect on the nervous system. The natural, herbal nervine action of Crystal Star Relax™ will help to reduce symptoms of crippling nervous anxiety and put you back in control of your life.**

about the herbs

Ashwagandha Root (*Withania somnifera*): a herb helping daytime fatigue and sleeplessness at night; an excellent nervous system support herb that works especially well for women who are under chronic stress, or who are recovering from chronic illness.**

Kava Kava (*Piper methysticum*): a nervine helping anxiety and menopausal panic attacks; an anodyne and muscle relaxant.**

Black Cohosh Root (*Cimicifuga racemosa*): a specific helper for dark moods and hormonal related nervousness; helps reduce hot flashes for menopausal women; antispasmodic for cramps.**

Black Haw (*Viburnum prunifolium*): helps relieve anxiety, mild palpitations,

Valerian Root (*Valeriana officinalis*): helps promotes sleep for insomniacs; helps calm the mind for people with “racing thoughts.”**
spasms, and tremors.**

Wood Betony (*Stachys officinalis*): a nervine for stress help; can help ease drug withdrawal symptoms.**

Hops (*Humulus lupulus*): promotes restful sleep; a specific helper for anxiety, stress and headaches.**

European Mistletoe (*Viscum album*): helps reduce anxiety and panic attacks; helps lower high blood pressure.**

Lobelia (*Lobelia inflata*): an antispasmodic; helps relax back discomfort and muscular tension.**

Oatstraw (*Avena sativa*): a good source of calming minerals like calcium; a nervous system restorative for people under chronic stress.**

Ingredients: Ashwagandha (Root), Skullcap (Herb), Kava Kava (Root), Black Haw (Root), Hops Flower, Wood Betony (Herb), Black Cohosh (Root), Valerian (Root), Lobelia (Leaf), Oatstraw (Herb), European Mistletoe; Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 caps, 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.

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

