

Crystal Star™

for the whole person™



Stone Defense™

PRODUCT ID#	SIZE
104010	60 Capsules



STONE ROOT
supports fluid
release**

HYDRANGEA ROOT
supports sediment
elimination**

MARSHMALLOW ROOT
soothe discomfort**

MILK THISTLE SEED
liver support**

Do you need Crystal Star Stone Defense™ Caps?

About 20 million Americans have gallstones; women are twice as likely as men to be affected. Research links hormone replacement drugs, yo yo dieting and being overweight to increased risk for gallstones. Kidney stones are another painful problem on the rise in America. Making a change to a low fat, plant based diet and getting regular exercise can improve your chances if you are at risk for gallstones or kidney stones. New research shows eating just one large orange a day can reduce gallstone risk for women (Archives of Internal Medicine, April 2000).

Who is Stone Defense™ for?:

- People prone to sediment formation
- People who want to support proper kidney or gallbladder function

How can Stone Defense™ Enhance Your Health Program?

- Inflammation response herbs like chamomile, marshmallow and wild yam help relieve discomfort, and support natural recovery efforts.
- Quick response, anti-lithic herbs like hydrangea and stone root help dissolve sediment build-up. Diuretic herbs like parsley and dandelion help facilitate natural release.
- Long term system support. Vitamin C rich herbs like amla berry, sea buckthorn and hawthorn help increase urine flow and lower the pH. Herbs like milk thistle seed extract and Oregon grape help cleanse the liver and help support healthy cholesterol levels.

Stone Defense™ encourages proper kidney and gallbladder function, providing natural support for people who are prone to sediment formation. It helps ease symptoms of mild discomfort or difficult urination through the natural activity of herbs like wild yam and chamomile. It helps critical nutrients like vitamin C that support proper pH, and helps detoxify the liver to help maintain cholesterol balance. Crystal Star Stone Defense™: your best choice for relief and release!

about the herbs

Hawthorn berry (*Crataegus pinnatifida*): Natural source of vitamin C to help increase urine flow and support proper pH for protection against sediment formation.**

Dandelion Root (*Taraxacum* off.): a diuretic which aids in the natural passing of wastes. A liver cleanser that boosts overall health and vitality.**

Parsley Root (*Petroselinum crispum*): a cleansing diuretic which aids in the natural passing of sediment.**

Hydrangea Root (*Hydrangea arborescens*): an anti-lithic herb which helps dissolve sediment.**

Wild Yam Root (*Dioscorea villosa*): helps relieve mild discomfort and difficult urination.**

Milk Thistle Seed extract (*Silybum marianum*): supports the liver for improved fat metabolism and cholesterol management.**

Chamomile (*Matricaria recutita*): has potent inflammation response and sediment dissolving properties.**

Stone Root (*Collinsonia canadensis*): a diuretic herb which helps in the natural passing of wastes.**

Marshmallow Root (*Althea* off.): soothes mucous membranes and helps relieve discomfort.**

Tribulus terrestris: a gentle diuretic helps with sediment dissolving activity.**

Oregon Grape Root (*Mahonia aquifolium*): supports proper gallbladder and liver function; enhances bile flow.**

Gravel Root (*Eupatorium purpurea*): a diuretic which supports the kidneys in waste removal.**

Lecithin Granules: aids in fat transport. A principal bile component that helps keep cholesterol levels balanced.**

Valerian (*Valeriana* off.): helps ease tension, and improves sleep quality.**

Protease: a protein-digesting enzyme. Enhances immune response and helps cleanse toxins in the bloodstream.**

Ingredients: Chamomile (Flower), Stone (Root), Hawthorn (Berry), Dandelion (Root), Parsley (Root), Wild Yam Mexican (Root), Gravel (Root), Marshmallow (Root), Hydrangea (Root), Tribulus Terrestris (Fruit), Oregon Grape (Root), Amla (Berry), Licorice (Root), Milk Thistle Extract, Lemon Balm, Lecithin (Fruit), Ginger (Root), Valerian (Root), Protease; Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 caps, 3 times daily for 2 weeks, then 1 cap, 3 times daily for 2 weeks. Then, 1 cap daily as needed for maintenance.

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