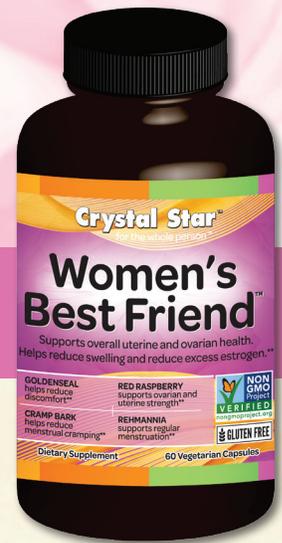


Crystal Star™

for the whole person™



PRODUCT ID#	SIZE
104360	60 Capsules
104350	90 Capsules



Women's Best Friend™

GOLDENSEAL
helps reduce
discomfort**

CRAMP BARK
helps reduce
menstrual cramping**

RED RASPBERRY
supports ovarian and
uterine strength**

REHMANNIA
supports regular
menstruation**

Do you have warning signs of endometriosis or uterine fibroids?

Endometriosis is a condition caused by excess growth of endometrial tissue that is not shed during menstruation. Endometriosis increases risk for benign uterine and breast fibroids. It is credited with up to 50% of infertility cases in American women. A visit to your holistic physician offers a definitive diagnosis, but two or more yes answers to the symptoms below should alert you of a potential problem.

- severe abdominal cramping and shooting pain; and abdominal-rectal pain
- excessive, painful menstruation; passing large clots; prolonged menstrual cycles
- chronic fluid retention, bloating • irregular bowel movements or diarrhea during menses

What causes endometriosis and fibroids?

While scientists are still not entirely certain why endometriosis and fibroids develop, the following are risk factors to note:

- excess levels of estrogen / deficient progesterone
- immune dysfunction
- X-ray consequences
- high fat diet with too much caffeine and alcohol
- oral contraceptives may play a role

Can Crystal Star Women's Best Friend™ help?

Crystal Star Women's Best Friend™ helps take down discomfort and swelling so you start feeling better right away. Women's Best Friend™ goes to the source of the problem, helping to reduce excess estrogen that fuels abnormal growths, and stimulating liver activity for improved estrogen metabolism. It works with your body's natural detoxification processes to help clear congested wastes while helping to reduce symptoms like abnormal bleeding. It's truly a woman's best friend, a friend you won't want to be without.*

Note: This formula is intended to be used as needed for 1 – 4 months.

about the herbs

Goldenseal Root (*Hydrastis canadensis*): a supreme anti-microbial which helps take down discomfort and swelling in the entire ovarian-uterine area.**

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

Seaweed Powder Blend: helps boost lymphatic drainage and helps release congested wastes; primary source of organic iodine that helps boost thyroid activity (low thyroid function is a factor in women's problems). {Bladderwrack (*Fucus vesiculosus*), Arame (*Eisenia bicyclis*)}**

Red Raspberry (*Rubus idaeus*): an astringent which helps strengthen the ovarian-uterine area; uterine relaxant that helps normalize bleeding.**

Cramp Bark (*Viburnum opulis*): a specific herb to help reduce menstrual cramping and spasmodic symptoms.**

Ginger (*Zingiber officinale*): a circulatory enhancer helping the ovarian-uterine area.**

Hawthorn (*Crataegus officinale*): encourages a feeling of well being; reduces abdominal congestion.**

Dong Quai (*Angelica sinensis*): a phytohormone containing herb which helps reduce excess estrogen by binding to receptor sites; promotes blood flow to reproductive organs; helps regulate menstrual flow and uterine cramping.**

Sarsaparilla Root (*Smilax medica*): has mild progesteric activity which helps reduce excess estrogen; cleanses impurities from the bloodstream.**

False Unicorn (*Chamaelirium luteum*): a specific herb for female reproductive problems; regulates menstruation.**

Peony Root (*Paeonia officinalis*): supports antispasmodic and sedative action; helps ease menstrual cramping and irregularity.**

Uva Ursi: a flushing herb to help release bloat and fluid congestion.**

Blessed Thistle (*Cnidus benedictus*): a bitters herb which helps stimulate liver activity and proper hormone metabolism; helps reduce menstrual cramping.**

Rehmannia (*Rehmannia glutinosa*): a specific for female reproductive problems; helps regulate excessive and interperiod menstruation.**

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

Ingredients: Goldenseal (Root), Jamaica Dogwood (Bark), Wild Y (Root), Uva Ursi (Leaf), Red Raspberry (Leaf), Cramp Bark, Ginger (Root), Lobelia (Leaf), Dong Quai (Root), Sarsaparilla (Root), Cultivated False Unicorn, Peony (Root), Blessed Thistle Aerial, Protease, Rehmannia (Root), Hawthorn (Leaf), Hawthorn (Berry), Hawthorn (Bark), Bladderwrack (Leaf), Arame; Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 capsules, 3 times daily for 2 months. Then, 2 caps, morning and evening for 1-2 months. Rest one 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.

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

