



Crystal Star™
whole herbs for the whole person™



ADD-Vantage™ for Kids

CHAMOMILE
to calm*

BACOPA HERB
for focus*

LICORICE ROOT
for sugar cravings*

HAWTHORN
for a sense of well-being*

Does your child exhibit hyper behavior symptoms?

Hyperactivity and attention disorders affect at least one child in every classroom in the U.S. Drug therapy with Ritalin, a central nervous system stimulant, is the conventional approach for dealing with hyperactivity and attention disorders. However, Ritalin is not a cure, and it can have numerous side effects. Diet therapy is often helpful. Leading naturopaths and nutritionists report most children respond quickly to diet improvements in many cases. An organic, plant based diet with low sugars and high quality protein is the best choice. Including a gentle whole herb formula produces additional benefits for kids by improving concentration and calming hyper behavior.

Who is Crystal Star ADD-Vantage™ for?

- Children with poor concentration and / or hyper behavior problems

How can ADD-Vantage™ Enhance Your Child's Health Program?

- Children have a natural affinity for gentle whole herbs like chamomile and lemon balm that calm tense nerves and reduce hyperactivity.
- The Ayurvedic herbs, gotu kola and bacopa are brain tonics that improve mental focus and performance, without overstimulating a child's small body.
- Licorice root and stevia help restore normal metabolism after sugar binges and also fight sugar cravings.

ADD-Vantage™ for Kids improves mental focus, and helps stabilize a child's mood swings and hyper behavior. Further, the whole herbs in this formula fight sugar cravings and can normalize the body from the harsh effects of sugar binges. Safe enough for your child to use regularly, Crystal Star ADD-Vantage™ calms and soothes tense nerves, without causing addictive side effects, weight loss or sleeplessness.*

Product ID#	Size
101010	60 capsules

about the herbs

Chamomile Flower (*Matricaria recutita*): a gentle, relaxing herb with an excellent safety record for kids and adults.

Catnip Herb (*Nepeta cataria*): calms nervousness, restlessness and settles upset stomachs.

Scullcap (*Scutellaria laterifolia*): a calming herb for a child that exhibits hyper behavior.

Bacopa monnieri Herb: research from India shows bacopa enhances memory and mental performance in children with ADHD (Attention Deficit Hyperactivity Disorder). Preliminary research suggests bacopa may have benefits for reducing symptoms of anxiety and depression.

Lemon Balm (*Melissa officinalis*): calms and soothes irritability and anxiety.

Gotu Kola Leaf (*Centella asiatica*): an Ayurvedic herb that helps sharpen memory and concentration without causing over-stimulation.

Hawthorn (*Crataegus pinnatifida*): calms stress reactions and supports cardiovascular health. Herbalists report hawthorn promotes a sense of well-being for many people.

Licorice Root (*Glycyrrhiza glabra*): helps normalize blood sugar levels, reduces sugar cravings and supports healthy adrenal function.

Valerian Root (*Valeriana off.*): promotes restful sleep without causing oversatiation.

Wild Lettuce (*Lactuca virosa*): wild lettuce has a long history of safety and effectiveness for nervous system support. Note: All lettuces have nervous system benefits. Offer a variety of lettuces with dinner to help reduce hyper behavior and insomnia.

Lobelia (*Lobelia inflata*): catalytic, enhances the activity of other herbs in the formula.

ingredients: Chamomile Flr.; Catnip Herb; Scullcap Herb; Bacopa Monnieri Herb; Lemon Balm; Gotu Kola Lf.; Passionflower Herb; Hawthorn L/B/F; Licorice Rt.; Valerian Rt.; Wild Lettuce Lf.; Lobelia Lf.; Other ingredients: vegetable-source magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 1 – 2 caps daily for 4 – 6 months. May open and use in juice or water. Rest one month before resuming if desired.

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