



Crystal Star™
whole herbs for the whole person™



Addiction Withdrawal™

GOTU KOLA HERB
for mental focus*

WOOD BETONY
for craving support*

SCULLCAP HERB
to rebuild nerves*

GINKGO BILOBA
to energize*

Do you need Crystal Star Addiction Withdrawal™ capsules?

Most of us know someone, have a family member, or are ourselves suffering with some type of addiction. Addiction crosses over all socioeconomic groups, and it's not limited to illicit street drugs, marijuana and alcohol. Addiction is increasingly a problem caused by prescription medications like painkillers, tranquilizers and antidepressants; medicines we thought would help us, but instead created addictive side effects and withdrawal symptoms. Even common food substances like caffeine and refined sugar lead to mood changes and withdrawal symptoms when overconsumed on a regular basis.

Who is Crystal Star Addiction Withdrawal™ For?

- People looking for a safe and natural product to help relieve symptoms like cravings, moodiness, nervous tension, head and back aches, and fatigue.
- People looking for natural support to help reduce cravings for caffeine, nicotine or refined sugar.

How can Addiction Withdrawal™ Enhance Your Health Program?

- Superior nervine herbs like wood betony, scullcap and valerian help reduce cravings, and counter symptoms like agitation, nervousness and irritability.
- Brain boosting herbs like gotu kola and ginkgo biloba fight fatigue and enhance mental focus.
- Kava kava is a muscle relaxer that can ease aches and pains. Niacin is a B vitamin that energizes your brain and helps to lower acetaldehyde levels (ethanol) caused by alcohol over-consumption.

Experts believe there is a genetic component to the problem of addiction. Addiction can also be brought on by life stress, depression, low self-esteem, even nutritional deficiencies. Make appropriate lifestyle changes if you feel you're at risk. Get started on your road to recovery with natural therapy today. Choose Crystal Star Addiction Withdrawal™ caps to help you along in the process.

Product ID#	Size
104330	60 capsules

about the herbs

Scullcap (*Scutellaria latiflora*): considered the superior herb for reducing addictions, acting primarily by supporting proper nervous system health and reducing cravings.

Gotu Kola Leaf (*Centella asiatica*): aids the recovery process by calming frazzled nerves and improving mental focus.

Kava Kava Root (*Piper methysticum*): one of the best herbs for relieving muscle aches and pains. Relaxes stress and tension.

Vitamin C blend: Acerola Cherry (*Malpighia glabra*), Sea Buckthorn Berry (*Hippophae rhamnoides*), Amla Berry (*Embllica off.*), Hawthorn (*Crataegus pinnatifida*): helps replenish critical vitamin C, routinely deficient in cases of addiction. Revitalizes adrenal gland health for less stress.

Siberian Eleuthero (*Eleutherococcus senticosus*): helps the body adjust to the stress of life changes. Energizes without overstimulating and increases productivity.

St. John's Wort (*Hypericum perforatum*): a primary mood elevator for symptoms of mild to moderate depression.

Valerian (*Valeriana officinalis*): a nervine and sleep aid helpful in the withdrawal process.

Wood Betony Leaf (*Stachys officinalis*): reduces cravings, agitation and irritability. Relieves headaches.

Ginkgo Biloba: one of the only herbs known to cross the blood/brain barrier, allowing for improved circulation to the brain and better mental energy. Wakes up the brain, reduces "brain fog."

Ginger Root (*Zingiber off.*): catalytic; enhances the activity of the other herbs in the formula.

Blessed Thistle (*Cnicus benedictus*): supports liver health for faster recovery. A digestive aid that can improve poor appetite.

Niacin: helps to lower acetaldehyde levels (also known as ethanol) caused by alcohol over-consumption. A brain booster and energy enhancer.

click here to order Addiction Withdrawal™ now

ingredients: Scullcap Hrb.; Gotu Kola Lf.; Kava Kava Rt.†; Vitamin C blend: {Acerola Cherry, Sea Buckthorn Bry., Amla Bry., Hawthorn L/B/F}; Siberian Eleuthero Rt.; St. John's Wort Lf.; Valerian Rt.; Alfalfa Lf.; Wood Betony Lf.; Ginkgo Biloba Lf. extract; Ginger Rt.; Blessed Thistle Hrb.; DL-Phenylalanine; Niacin; Capsicum; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, twice daily for 1 – 2 months. Then, 2 caps daily as needed for maintenance.

* 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.