



Crystal Star™
whole herbs for the whole person™



Adrenal Energy™

LICORICE ROOT
to energize*

SARSAPARILLA
for hormone balance*

SEAWEED BLEND
to nourish*

SIBERIAN ELEUTHERO
for stress relief*

Do you have a Type-A personality? Are you under a lot of stress?

People with Type-A personalities often push their bodies past their limits. Overproduction of adrenaline is common to Type-A people and people under stress. Crystal Star® Adrenal Energy™ rebuilds adrenal strength to relieve fatigue and boost endurance; it helps balance blood sugar and reduce stress. Seaweeds, specifically chosen as storehouses for vitamins A, D, E and K and herbs rich in vitamin C, have been blended together for their rapid nutritive effect on the adrenal glands. Adaptogenic herbs, like Siberian Eleuthero and Ho Shou Wu reduce the fatigue and exhaustion associated with adrenal dysfunction.

Are you constantly depressed or anxious?

Anti-depressant drugs like Prozac, in addition to their side effects, also change your body chemistry, potentially making you more at risk for a panic attack or abnormal behavior. Over 30 million Americans have been diagnosed with clinical anxiety, panic disorders and phobias. Another 35 million suffer mild to moderate symptoms. Anxiety and phobias are more than just frightening. They are closely tied to high blood pressure, heart spasms and heart disease. Tonic adaptogens in Adrenal Energy™ help bring valuable balance to your body's chemistry to allay depression and anxiety.

Adrenal Energy™ does more than fight depression and anxiety.

It can be taken after cortisone therapy to rebalance adrenals. It helps you deal with fatigue syndromes, hypoglycemia, allergies, and chronic stress reactions. Anemia, low blood pressure, and cold hands and feet—all benefit from Adrenal Energy™. Imbalanced cortisol, a hormone much in the news today, stems in part from adrenal malfunction. When cortisol is too low, adrenal exhaustion may set in. Crystal Star Adrenal Energy™ helps balance critical cortisol levels to keep you fit and energized.*

Product ID#	Size
101000	60 capsules

about the herbs

Seaweed Powder Blend: provides essential nutrients to the adrenals — {Kelp (*Ascophyllum nodosum*), Bladderwrack (*Fucus vesiculosus*), Irish moss (*Chondrus crispus*), Watercress (*Nasturtium officianalis*)}

Vitamin C Blend: restores vitamin C depleted by stress, and is a powerful antioxidant and immune booster — {Sea Buckthorn Berry (*Hippophae rhamnoides*), Rose Hips (*Rosa canina*), Amla Berry (*Embllica officianalis*), Hawthorn L/B/F (*Crataegus pinnatifida*)}

Siberian Eleuthero (*Eleutherococcus senticosus*): for endurance, balanced blood sugar, mental performance, healthy immune response and resistance to stress.

Licorice Root (*Glycyrrhiza glabra*): re-energizes exhausted adrenals and balances critical cortisol levels.

Sarsaparilla Root (*Smilax medica*): balances hormones and purifies blood (relieving fatigue).

Uva Ursi (*Arctostaphylos uva ursi*): clears excess body system heat; harmonizes body fluid levels.

Astragalus (*Astragalus membranaceus*): a superb herb for recovery from a serious illness, or from exhaustion.

Ginger Root (*Zingiber officianalis*): enhances circulation and the effect of other herbs in the formula.

Ho-Shou-Wu Root (Fo-Ti, *Polygonum multiflorum*): combats stress and exhaustion, and reduces premature graying of hair.

Capsicum Annuum: a heart tonic; improves circulation, and enhances the effect of other herbs in the formula.

ingredients: Seaweed Blend: {Bladderwrack, Kelp, Irish Moss, Watercress Lf.}; Vitamin C Blend: {Rose Hips, Hawthorn Lf., Flwr., Berry}; Siberian Eleuthero; Licorice Rt.; Sarsaparilla Rt.; Schizandra Frt.; Uva Ursi Lf.; Astragalus Rt.; Ginger Rt.; Ho-Shou-Wu Rt. (Fo-Ti); Capsicum; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps twice daily for 1 week, then 2 caps once daily for 3 weeks. Then, 1 cap daily as 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.