



Crystal Star™
whole herbs for the whole person™



Cellulite Release™

SEAWEED EXTRACT
to fight cellulite*

FENUGREEK SEED
to dissolve fat*

GOTU KOLA
to smooth tissue*

GINKGO BILOBA
to improve circulation*

Do you have cellulite?

It's a topic nobody wants to talk about. Still, most women (and even some men) are plagued with varying degrees of cellulite. Cellulite is that unsightly dimply, lumpy, cottage cheese looking skin that occurs around the hips, thighs, buttocks and tummy- usually on otherwise thin women. Cellulite is a combination of fat, water and wastes trapped just beneath the skin. And, as any woman can tell you, it's extremely difficult to get rid of, even with regular exercise.

What causes cellulite?

There is a genetic component to cellulite, but poor nutrition, and impaired circulation and elimination are major factors. When circulation and elimination processes become overloaded, connective tissue loses its strength. Unmetabolized fats and wastes become trapped in vulnerable cells just beneath the skin instead of being expelled through normal means. Over time, the waste materials harden and form the puckering skin effect we know as cellulite. Because it is unattached material, dieting and exercise alone can't dislodge cellulite.

Is plastic surgery the only solution?

While liposuction and lower body lifts are incredibly popular for cellulite reduction, these surgical techniques are prohibitively expensive, and come with serious risks and long recovery times. Herbal therapy, in contrast, helps reduce cellulite by stimulating the body's natural fat detoxification processes. Crystal Star Cellulite Release™ is an ideal choice, releasing trapped cellulitic fats and wastes for a smoother body tone all over. It helps improve even tough cases of cellulite and acts as a body toner for athletes and menopausal women wanting to look their best. It works at the deepest body levels, boosting liver detoxification and cleansing the lymphatic system, for long lasting cellulite reduction results. If you're troubled by cellulite, Crystal Star Cellulite Release™ is your best natural defense.*

Product ID#	Size
101760	60 capsules

about the herbs

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Seaweed Extract {Kelp (*Ascophyllum nodosum*), Watercress (*Nasturtium officianalis*), Irish Moss (*Chondrus c.*), Bladderwrack (*Fucus vesiculosus*)}: detoxifying aid; seaweed's algin stimulates lymphatic drainage to help break up and eliminate cellulitic deposits; a source of natural iodine that activates a sluggish metabolism for superior weight loss and cellulite reduction.

Fenugreek Seed (*Trigonella foenumgraecum*): helps expel toxic waste through the lymphatic system; contains lecithin which helps dissolve fats.

Gotu Kola (*Centella asiatica*): encourages new connective tissue formation, reducing the look of cellulite.

Ginkgo Biloba: a circulation booster to cellulitic areas, discouraging cellulite formation and helping to eliminate pre-existing cellulite.

Black Cohosh (*Cimicifuga racemosa*): helps reduce cellulite related to excess estrogen.

Lecithin: a lipotropic that dissolves excess fat and cholesterol.

Ginger Root (*Zingiber officianalis*): circulation booster to cellulitic areas, discouraging cellulite formation and helping to eliminate pre-existing cellulite.

Kola Nut (*Cola acuminata*): helps burn fats; a catalyst that boosts effectiveness of the other herbs in the formula.

Fennel Seed (*Foeniculum vulgare*): reduces bloat and helps with weight control.

Burdock Root (*Arctium lappa*): hormone balancer and liver cleanser.

Turmeric (*Curcuma longa*): thermogenesis booster for fat burning; liver cleanser that helps discourage cellulite formation; herbal catalyst that increases effectiveness of other herbs in the formula.

Guar Gum (*Cyamopsis tetragonolobus*): cleansing source of fiber to help facilitate faster elimination of cellulitic wastes.

Red Sage (*Salvia miltiorrhiza*): circulation booster that also helps detoxify the liver and reduce cellulite production.

Ornithine: a growth hormone releaser which promotes the metabolism of excess fat.

Choline: a lipotropic that helps dissolve excess fat.

Vitamin B-6: helps with hormone balance and PMS symptoms.

ingredients: Seaweed Extract {Kelp, Watercress, Irish Moss, Bladderwrack}; Fenugreek Sd.; Gotu Kola Lf.; Ginkgo Biloba Lf.; Ginger Rt.; White Sage Lf.; Black Cohosh Rt.; Lecithin (soy); Goldenseal Rt.; Bilberry Bry.; Kola Nut; Poria Cocos Mushroom; Guar Gum; Red Sage Lf.; Fennel Sd.; Burdock Rt.; Turmeric Ext.; Ornithine; Choline; Vit. B-6.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water). Contains Soy.

directions: Take 1 – 2 caps, 3 times daily before meals.

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