



Crystal Star™
whole herbs for the whole person™



D-Congest™ Spray

Quick lung cleanse. Loosens mucous build-up. Breathe easier.

D-Congest™ is a fast acting, respiratory-supporting blend with low probability of side effects or interactions. It's safe enough for the whole family. Just add spray to warm water for kids.

Do you need Crystal Star D-Congest™ Spray?

Is your body overloaded with mucous congestion? Mucous is a needed lubricant and an important body safeguard. It gathers up irritants like dirt, pollen, smoke and pollutants we take in along with our oxygen to protect mucous membranes in the respiratory system. However, excess mucous in the body is a big problem for Americans today that is largely related to an overburdened digestive system. And we all know, mucous congestion really aggravates symptoms of respiratory allergies or a cold or flu.

Who is D-Congest™ Spray for?

- people who are experiencing the onset of cold, flu or sore throat symptoms
- people who need a quick cleanse for the respiratory system
- people with ongoing respiratory symptoms and excess mucous
- people looking for a natural decongestant free of side effects

How can Crystal Star D-Congest™ Spray Enhance the Results of Your Health Program?

- Natural congestion reducers in the formula like elderberry, osha and green tea help free up breathing passages quickly so you can breathe easier.
- Mucilagenous herbs like slippery elm and marshmallow soothe dry, scratchy throat and irritable cough symptoms.
- Warming circulatory stimulants in the formula like ginger, white pine and bayberry reduce body chills and maximize immune response.

Note: A plant based diet should be followed for the best results. Foods that putrefy quickly inside your body (like meat and dairy foods) are most likely to produce excess mucous.

Product ID#	Size
104742	1 fl. oz. (30ml)

about the herbs

Elderberry (*Sambucus nigra*): an antiviral that helps reduce symptoms of colds and flu. Helps release respiratory congestion. A natural source of vitamin C and bioflavonoids.

Slippery Elm Bark (*Ulmus rubra*): a soothing, mucilagenous herb for irritated throats and mucous membranes.

Acerola Cherry (*Malpighia glabra*): a natural source of vitamin C with antioxidant and anti-allergic activity.

Marshmallow Root (*Althea off.*): helps relieve dry coughs, scratchy throat and bronchial congestion.

Osha Root (*Ligusticum porteri*): helps loosen and expel mucous; an important native American anti-viral, with broad spectrum immune-stimulating properties.

Green Tea (*Camellia sinensis*): helps reduce histamine reactions: a mild breathing aid for respiratory problems.

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Wild Cherry Bark (*Prunus serotina*): one of the best herbs for sedating coughs, and calming respiratory spasms.

Horehound (*Marrubium vulgare*): an antispasmodic and expectorant for coughs, wheezing and respiratory congestion.

Angelica (*Angelica archangelica*): eases symptoms of bronchial congestion and helps reduce fever.

Thyme (*Thymus vulgaris*): a traditional European herb for coughs and respiratory symptoms.

Bayberry Bark (*Myrica cerifera*): benefits circulation and helps fight cold, cough, flu and sore throat symptoms.

Licorice Root (*Glycyrrhiza glabra*): eases dry, irritated throat symptoms; loosens mucous for coughs; an antiviral that also soothes sore stomachs.

Stevia Leaf (*Stevia rebaudiana*): a natural sweetener safe in cases of blood sugar disturbances.

ingredients: Elderberry; Slippery Elm Bk.; Acerola Fruit; Marshmallow Rt.; Osha Rt.; Green Tea Lf.; White Pine Bk.; Wild Cherry Bk.; Horehound Herb; Mullein Lf.; Angelica Rt.; Thyme Lf.; Nettles Herb; Bayberry Bk.; Licorice Rt.; Ginger Rt.; Oil; Peppermint Oil; Stevia Lf.; Other ingredients: Grain Alcohol 45%

directions: Spray 3 times under the tongue, twice daily as needed.

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