



Crystal Star™
whole herbs for the whole person™



Depress-ex™

ST. JOHN'S WORT
for mood support*

SCULLCAP
to ease tension*

KAVA KAVA
to relax muscles*

ROSEMARY
for mental focus*

Today, the World Health Organization recognizes depression as one of the top four disabling disorders in the world. Mood disorders affect 30 million Americans (women more than men) and we spend over \$20 billion on treatment. Yet, antidepressant drugs have been linked to adverse drug reactions, increased suicide risk (especially in children), and deaths. Mild to moderate depression is very common today. In the case of mild to moderate depression, supportive diet and lifestyle changes—along with a targeted herbal formula—may be all that is needed to bring the body back into harmonious balance.

Who is Crystal Star Depress-ex™ For?

- people experiencing mild to moderate depression symptoms related to change in seasons or life circumstances.
- people with symptoms of mood swings, energy slumps, irritability and depression “blahs.”

How can Depress-ex™ Enhance the Results of Your Health Program?

- This formula features St. John's wort, an herb with proven success in reducing mild to moderate depression.
- Kava kava in the formula targets symptoms of mood swings, nervous tension, irritability and depression “blahs.” As a herbal nervine, it calms and soothes irritability, and enhances mental inner energy. We only use whole kava kava in our formula to help reduce risk of side effects or interactions that could occur with altered or fortified products.
- Rosemary is included in the formula to sharpen mental focus, support memory, and heighten energy.

It is difficult to avoid depression in a destructive world, but every day, natural healing breakthroughs are helping to “turn the lights back on” and ease mild depression. Whole herbs are ideal in building body resistance against depressive reactions, reducing the symptoms of mild to moderate depression, and even rebalancing body chemistry to support better health.

Product ID#	Size
101985	60 capsules

about the herbs

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St. John's Wort (*Hypericum perforatum*): Over 25 double-blind, controlled trials show St. John's wort helps mild to moderate depression with few side effects. Science is still trying to determine how St. John's wort affects depression, but it appears to balance serotonin levels in the brain to elevate mood and boost feelings of well being. Note: St. John's wort is contraindicated if you're taking antidepressant drugs.

Kava Kava (*Piper methysticum*): soothes frazzled nerves, and fights the physical and mental effects of chronic stress. Relaxes the mind and body without causing oversedation.

Lady Slipper (*Cypripedium pubescens*): a premier nervous system restorative for symptoms of anxiety, insomnia and mild depression.

American Ginseng (*Panax quinquefolium*): revitalizes and rebuilds your body, especially during recovery from illness or times of chronic stress.

Ashwagandha (*Withania somnifera*): an energy balancer that helps reduce symptoms of daytime fatigue and nighttime sleeplessness.

Scullcap (*Scutellaria lateriflora*): calms symptoms of anxiety, irritability and depression-related agitation.

Rosemary (*Rosmarinus off.*): an herbal antioxidant that helps sharpen mental focus and memory.

Wood Betony (*Stachys off.*): an anti-stress nervine.

Fo-Ti (Ho-Shou-Wu, *Polygonum multiflorum*): supports brain health, improves concentration and memory. Used in China as a rejuvenating tonic for longevity and better health.

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

Note: Depression is a serious disorder that needs serious attention. Consult with a healthcare professional to find out what therapies are right for you. If you are on anti-depressant drug therapy, consult with your physician before adjusting dosage or stopping medication.

ingredients: St. John's Wort Herb; Kava Kava Rt.; Lady Slipper Rt.; American Ginseng Rt.; Ashwagandha Rt./Lf.; Siberian Eleuthero Rt.; Scullcap Herb; Rosemary Lf.; Rhodiola Rt.; Wood Betony Herb; Fo-Ti Rt. (Ho-Shou-Wu); Ginger Rt.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps once or twice daily as needed for up to 3 weeks at a time. Rest one week. Resume if necessary. Take 2 – 3 months for best results.

* 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.