



Crystal Star™
whole herbs for the whole person™



Easy Change™

BLACK COHOSH
for hot flashes*

JIAOGULAN
for heart health*

SCULLCAP
for stress relief*

NETTLES
for mineral support*

Menopausal balance is the key

Today over 40 million women in the United States are going through “the change.” By the year 2015, experts predict almost half of all American women will be in menopause! Life transitions like menopause, are revered rites of passage in many cultures. Native American societies, for example, note a profound energetic and spiritual change in women after menopause. Menopause is a clearly a natural phenomenon, but there’s no question that after menopause, the female body changes - sometimes dramatically. The hormone and body balancing activity of whole herbs encourages a more comfortable menopause where you will look and feel your best.

Do you have any of these menopause problems? If so, a gentle, whole herb formula like Crystal Star Easy Change™ may be right for you:

- Hot flashes, night sweats
- Mild depression, insomnia, irritability and fatigue
- Low libido / vaginal dryness
- Weight gain / body shape changes
- Facial hair growth, head hair loss

How can Easy Change™ Enhance Your Health Program?

- In their whole form, hormone balancing plants like black cohosh, dong quai and wild yam have a safety record of centuries. They help to control hot flashes, tighten sagging tissue, moisturize dry tissue and normalize circulation.
- Calming nervines like motherwort and scullcap soothe mood swings, and can ease menopausal anxiety attacks.
- Oatseed and damiana gently stimulate libido, increase overall energy and improve circulation.

Menopausal balance results from program, not a pill. Women who make the commitment to a natural change invariably experience the best results for relieving menopausal symptoms. Gentle plant hormones help the body along, keeping the female system female, without health risks and harsh side effects. For long-term menopausal balance, choose a natural change with Crystal Star Easy Change™ caps.

Product ID#	Size
102110	60 capsules
102100	90 capsules

about the herbs

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Black Cohosh Rt. (*Cimicifuga racemosa*): a temperature regulator for hot flash relief.

Siberian Eleuthero (*Eleutherococcus senticosus*): an effective adaptogen for enhanced energy and reduced stress.

Motherwort (*Leonurus cardiaca*): calms and soothes racing heartbeat symptoms. A relaxing nerve for menopausal anxiety.

Dong Quai Rt. (*Angelica sinensis*): a source of phytoestrogens that help to balance hormones according to the body’s need.

Jiaogulan (*Gynostemma pentaphyllum*): calms and soothes menopausal irritability and mood swings.

Scullcap (*Scutellaria lateriflora*): a cooling, relaxing nerve for hot flashes and menopausal anxiety.

Damiana (*Turnera diffusa*): a well known herbal aphrodisiac and energy booster for women.

White Peony Rt. (*Paeonia lactiflora*): considered in Traditional Chinese Medicine to be one of the greatest women’s tonics.

Sarsaparilla (*Smilax medica*): rich in steroidal saponins that form the building blocks for hormone production.

Oat Seed Extract (*Avena sativa*): a libido booster that can enhance sexual pleasure. Eases stress that puts a damper on female sexuality.

Licorice Rt. (*Glycyrrhiza glabra*): supports adrenal health, which plays an important role in shoring up estrogen production after menopause.

Cramp Bark (*Viburnum opulis*): Calms nervous anxiety, and relaxes muscle spasms and cramping.

Nettle Rt. (*Urtica dioica*): a tonic for low energy and fatigue. Rich in minerals that support healthy bones.

Rosemary (*Rosmarinus officinalis*): a brain booster for memory lapses and menopausal “brain fog.”

Wild Yam (*Dioscorea villosa*): a good source of diosgenin, used in progesterone synthesis. Experts theorize diosgenin offers gentle progesterone balancing activity for women.

Dandelion Leaf (*Taraxacum officinale*): a gentle diuretic for fluid retention and bloat.

ingredients: Black Cohosh Rt.; Siberian Eleuthero Rt.; Motherwort Herb; Dandelion Rt.; Dong Quai Rt.; Jiaogulan Lf.; Scullcap Hrb.; Damiana Lf.; White Peony Rt.; Sarsaparilla Rt.; Oat Sd. extract; Rehmannia Rt.; Bayberry Brk.; Nettles Lf.; Licorice Rt.; Cramp Bk.; Ginger Rt.; Rosemary Lf.; Wild Yam Rt.; Dandelion Lf.; Poria Cocos Mushroom; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, 1 – 2 times daily as needed.

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