



Crystal Star™
whole herbs for the whole person™



Female Harmony™

JIAOGULAN

for mood support*

DONG QUAI

for hormone balance*

MACA

to lift your energy*

NETTLES

to release bloat*

Do you suffer from PMS?

A whopping 90% of all women between the ages of 20 and 50 experience PMS. For some, it's a minor inconvenience. For others, PMS disrupts their whole lives. Over 150 symptoms have been documented—new ones are being added all the time. The hormone shift in estrogen/progesterone ratios during the menstrual cycle is the major factor in PMS symptoms. Women report the most symptoms in the two week period before menstruation, when the ratios are the most elevated. Women with chronically high estrogen levels (most women today) are the most affected. Low thyroid, stress, and nutrient deficiencies also aggravate PMS.

What are PMS symptoms?

- Mood swings
- Water retention, bloating
- Sore, swollen breasts
- Cravings for salt and sweets
- Tension, irritability, and depression
- Diarrhea and/or constipation
- Nausea, heavy cramping
- Acne and skin eruptions
- Argumentative, aggressive behavior
- Headaches, lower back pain
- Fatigue

Can Crystal Star Female Harmony™ break the PMS cycle?

While the right diet and regular exercise can reduce PMS symptoms, herbs can come to your rescue when symptoms are at their worst. If you've got PMS and need relief, Crystal Star Female Harmony™ may be right for you. Its potent herbal nervines address acute symptoms like mood swings and nervous tension, while gentle plant hormones help correct underlying hormone imbalance for long term relief. Taken regularly, Female Harmony™ produces a wonderful feeling of well being, and reduces cyclical bloating and sore, swollen breasts. Your energy and mood will be revitalized. With Crystal Star Female Harmony™, soon PMS will just be a bad memory and you'll be back to feeling your best.*

Product ID#	Size
102300	60 capsules
102290	90 capsules

about the herbs

Dong Quai (*Angelica sinensis*): a primary estrogen balancer that eases PMS symptoms.

Damiana (*Turnera diffusa*): hormone balancing action; offers a libido and mood boost.

Burdock Root (*Arctium lappa*): a liver cleanser that improves hormone metabolism. Great for PMS bloat and swollen, sore breasts.

Jiaogolan (*Gymnostemma pentophyllum*): helps stabilize mood and reduce PMS fatigue. Enhances the body's natural resistance to stress and low blood sugar attacks.

Nettle (*Urtica dioica*): provides cleansing support and a mineral boost. Great for PMS bloat and heavy menstrual flow.

Sarsaparilla (*Smilax medica*): helps balance progesterone for PMS relief.

Red Raspberry (*Rubus idaeus*): uterine tonic; helps regulate menstruation.

Oatstraw (*Avena sativa*): nerve relaxant; antidepressant; rich in absorbable calcium.

Seaweed {Kelp (*Ascophyllum nodosum*), Hijiki (*Hizikia fusiform*) extract}: high in bone building, mood stabilizing minerals. A thyroid balancing agent which aids women's problems. A nutrient rich catalyst which boosts the effectiveness of the entire formula.

Ashwagandha (*Withania somnifera*): the "female ginseng"; a specific for daytime fatigue and nighttime sleeplessness.

Maca (*Lepidium meyenii*): rich in absorbable iodine for a thyroid boost. Boosts libido and increases energy.

Hawthorn L/F/B (*Crataegus pinnatifida*): provides a feeling of well being. Eases anxiety attacks and minor palpitations.

Angelica Root (*Angelica archangelica*): A specific for cramps and delayed menstruation (emmenagogue). Reduces low blood sugar attacks.

Yellow Dock Root (*Rumex crispus*): rich in herbal iron for blood building. Eases low iron problems caused by heavy menstrual flow.

Rose Hips (*Rosa canina*): a valuable source of vitamin C for adrenal gland health (good for stress relief).

Rehmannia (*Rehmannia glutinosa*): a yin and blood tonic specific for anemia and menstrual irregularity.

Chamomile (*Matricaria recutita*): a soothing nervine for PMS stress and indigestion.

ingredients: Dong Quai Rt.; Damiana Lf.; Burdock Rt.; Jiaogulan Lf.; Nettles Lf.; Licorice Rt.; Sarsaparilla Rt.; Red Raspberry Lf.; Oatstraw; Seaweed Ext.: {Dulse, Hijiki}; Ashwagandha Rt.; Maca Rt.; Hawthorn Hrb.; White Peony Rt.; Angelica Rt.; Rosemary Lf.; Yellow Dock Rt.; Dandelion Rt.; Rose Hips; Fennel Sd.; Ginger Rt.; Rehmannia g. Rt.; Chamomile Flwr.; Cinnamon Brk.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps daily for 3 months. May be taken daily for 2 – 6 months.

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