



Crystal Star™
whole herbs for the whole person™



Fibro Defense™

DANDELION
to cleanse the liver*

PAU D'ARCO BARK
to cleanse the blood*

GOLDENSEAL
to relieve*

MAITAKE MUSHROOM
to normalize tissue*

What are fibroids?

Up to 40 percent of American women 35 and older have fibroids. Breast fibroids are moveable, rubbery nodules near the surface of the breasts, causing painful breast swelling. Uterine fibroids, more common than blue eyes, are benign growths between the size of a walnut and an orange, that appear on uterine walls. They can cause excessive menstrual bleeding, abdominal pain, bladder problems, painful intercourse and, in rare cases, infertility.

What causes breast and uterine fibroids?

Excess estrogen that isn't being processed smoothly by the liver and an under-active thyroid are the normal cause for fibroids. A diet high in caffeinated foods and hormone-injected meats can also play a role. Benign fibroid growths usually cease after menopause; new growths after menopause may mean breast or uterine cancer. Avoid synthetic estrogens if possible. They can keep fibroids growing even after menopause. **Note:** If you are considering uterine artery embolization (UAE) to remove fibroids, please know that this surgery may increase the risk of complications during a later pregnancy.

How can Crystal Star Fibro Defense™ help?

Natural therapies are consistently successful in helping women to avoid fibroid complications. Breast swelling and painful uterine cramping can disappear within weeks after a change to a low fat, vegetarian diet. Care for your liver, which metabolizes estrogens, will help to prevent fibroids. Fibro Defense™ contains whole herbs that target breast swelling, support the liver, as well as protect against growths and cysts. The natural therapy of Crystal Star Fibro Defense™ can be your first defense against painful fibroids.*

Product ID#	Size
104345	60 capsules

about the herbs

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Pau d'Arco (*Tabebuia heptaphylla*): a powerful herb helpful for fibroid reduction; antibacterial properties make it useful for breast and uterine infections.

Maitake Mushroom (*Grifola frondosa*): added to this formula for its immune enhancing activity.

Goldenseal Root (*Hydrastis canadensis*): an anti-inflammatory, antibacterial and tonic for the female reproductive system.

Kelp (*Ascophyllum nodosum*): sea veggie minerals in kelp help boost the thyroid, involved in most women's problems, and improve the bioavailability of the formula.

Watercress (*Nasturtium officinale*): a good blood cleanser and diuretic (helps reduce fluid congestion and bloating).

Bladderwrack (*Fucus vesiculosus*): a North Atlantic species of kelp, high in minerals, that helps boost the thyroid involved in most women's problems; improves the bioavailability of the formula.

Dandelion Root and Leaf (*Taraxacum officinalis*): releases bloat and congestion while replenishing minerals.

Black Cohosh Root (*Cimicifuga racemosa*): estrogen balancer that can help reduce menstrual pain.

Dong Quai (*Angelica sinensis*): an estrogen balancer, uterine tonic and antispasmodic.

Ashwagandha (*Withania somnifera*): a high iron source for women; restorative for women under chronic stress.

Red Raspberry Leaf (*Rubus idaeus*): uterine relaxant and tonic.

Yellow Dock (*Rumex crispus*): a rich source of herbal iron for blood building; cleanses the liver and improves hormone metabolism.

Protease: an enzyme that helps to dissolve abnormal tissue and cleanse the bloodstream.

ingredients: Pau d'Arco Brk.; Maitake Mushroom; Goldenseal Rt.; Wild Yam Rt.; Seaweed Blend: {Kelp, Bladderwrack, Watercress Lf.}; Burdock Rt.; Dandelion Rt.; Dandelion Lf.; Black Cohosh Rt.; Cordyceps Mushroom; Dong Quai Rt.; Ashwagandha Herb; Licorice Rt.; Red Raspberry Lf.; Yellow Dock Rt.; Ginger Rt.; Protease; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, twice daily for 2 – 4 months. Rest one month before resuming if needed.

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