



Crystal Star™
whole herbs for the whole person™



Great Ginseng!™

ROSEMARY
for hair luster*

HORSETAIL
for hair/nail strength*

GINGER ROOT
for circulation*

WHITE SAGE LEAF
for hair thickness*

Crystal Star Great Ginseng™ offers protection against the damaging effects of stress, strengthens your glands, and fortifies your body with the energy it needs. People have searched for the Fountain of Youth since ancient times. The answer has always been available in the youth-extending nutrients of ginseng and other adaptogen herbs. Herbs have antioxidant properties that guard against free radical destruction of tissue. Herbs are full of vitamins, minerals and potent phytonutrients that can address better memory, strong metabolic activity, smoother skin, increased energy, and good muscle tone.

Do you need Crystal Star Great Ginseng™?

More daily energy is something most of us want. After age 40, this need magnifies for many people as the glandular system takes a dive from years of overwork, chronic stress, poor dietary habits and exposure to hormone disrupting chemicals in the environment. The result? An energy slump that can precede serious problems: increased colds and flu, immune deficient syndromes like chronic fatigue, and even degenerative diseases.

Who is Great Ginseng™ for?

- people who are experiencing an energy slump
- people recovering from illness or debility
- people with high stress lifestyles or poor dietary habits
- people looking for a drug-free, caffeine-free energizer that is safe to use every day.

How can Great Ginseng™ enhance your health?

- Natural energizers like Siberian Eleuthero and American Ginseng have great advantages over chemically processed stimulants. They don't exhaust the body; they fight stress; and are supporting rather than depleting when used longterm.
- Nutrient powerhouses like bee pollen and alfalfa help shore up diet deficiencies while rejuvenating strength and energy.
- Nervous system tonics like rhodiola rosea, jiaogulan and gotu kola ease chronic stress and sharpen mental focus.

Product ID#	Size
102260	60 capsules

about the herbs

Siberian Eleuthero Rt. (*Eleutherococcus senticosus*): a primary adaptogen and antioxidant that increases the body's resistance to stress. Often called the "king of tonics," eleuthero has been widely tested in Russia with good results for increasing work productivity and decreasing absenteeism. Astronauts have been given the herb to help deal with the transition into weightlessness in space. It was given to people exposed to toxic chemicals and radiation following the nuclear disaster at Chernobyl in 1986.

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

Astragalus (*Astragalus membranaceus*): a classic energy tonic and deep immune system restorative for people who are under chronic stress or recovering from illness.

Gotu Kola (*Centella asiatica*): a nervous system tonic that sharpens mental focus, eases anxiety and promotes restful sleep.

Sarsaparilla Rt. (*Smilax medica*): rich in phytosterols with gentle hormone-like activity; strengthens glandular system for both men and women; helps improve muscle mass.

Bee Pollen: a full spectrum rejuvenative food with all eight essential amino acids for a brain and mood boost. Very helpful for the extra nutritional and energy needs of athletes, people recuperating from illness and people over 40.

Ho-Shou-Wu Rt. (Fo-Ti, *Polygonum multiflorum*): highly recommended in TCM to reduce symptoms of premature aging; reduces greying of the hair; restores strength and vigor; a fertility aid for older men and women.

Chinese Kirin Red Ginseng (*Panax ginseng*): a special steam treated ginseng with warming properties. Offers a rapid energy lift and is regularly used for its aphrodisiac properties.

Jiaogulan (*Gynostemma pentaphyllum*): a heart protecting herb for people over 40; shown in studies to benefit blood pressure and cholesterol levels.

Rhodiola Rosea: has natural mood elevating activity; calms stress reactions; helpful for stress-related weight gain.

Schizandra Chinensis Berry: Used in Traditional Chinese Medicine for its ability to help preserve youthful energy, memory, sexuality and skin health. Directly supports the adrenal glands, maximizing daily energy for people over 40.

ingredients: Siberian Eleuthero Rt.; American Ginseng Rt.; Gotu Kola Lf.; Sarsaparilla Rt.; Bee Pollen; Uva Ursi Lf.; Ho-Shou-Wu Rt. (Fo-Ti); Ginkgo Biloba Lf. Extract; Chinese Kirin Red Ginseng Rt.; Jiaogulan Lf.; Rhodiola Rt.; Ashwagandha Rt.; Schizandra Bry.; Hawthorn L/F/B; Suma Brk.; Dong Quai Rt.; Ginger Rt.; Capsicum; L-Glutamine; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps daily as needed for energy.

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