



Crystal Star™
whole herbs for the whole person™



Herbal Laxa Caps™

BUTTERNUT BARK
as a colon cleanser

CASCARA SAGRADA BARK
as a natural laxative*

MARSHMALLOW
to soften stool*

PSYLLIUM SEED HUSK
to add fiber*

Do you need a colon cleanse?

A colon cleanse is something most of us need. Problems like headaches, skin blemishes, bad breath, fatigue, and sluggish digestion are often linked to a congested colon. Colon and bowel malfunctions may be a factor in accelerated aging, too. Cleansing your colon lightens the toxic load on every other part of your body... even your mind. Constipation and irregular elimination are other problems that can be improved or reduced through a whole herb colon cleansing program.

Who are Crystal Star Herbal Laxa Caps™ for?

- People who want to improve their overall health by doing a colon cleanse
- People who want to support regular daily elimination and a healthy digestive system
- People seeking temporary relief for symptoms like bloating or irregular elimination

How can Herbal Laxa Caps™ Enhance Your Health Program?

- Whole herbs like cascara sagrada and butternut bark encourage normal elimination and healthy colon tone, and can be helpful for people who have experienced little or no relief with diet changes and regular exercise.
- Fiber rich herbs like psyllium seed and Irish moss promote healthy digestion, soften the stool and support daily regularity.
- Carminative herbs like fennel, ginger and licorice ease symptoms like gas, bloating and indigestion related to irregular elimination and overeating.

Hardly any health program will work without a colon cleanse as part of it.

When colon health is compromised, waste backs up, and releases toxins into the bloodstream. A clogged, dirty colon means you may have toxins in your blood and poor nutrient assimilation. Herbal Laxa Caps™ aid healthy digestion, and provide release and relief for people with elimination problems. Crystal Star Herbal Laxa Caps™ are a gentle, yet effective way to help you maintain daily regularity while promoting total colon health.

Product ID#	Size
102360	60 capsules
102350	90 capsules

about the herbs

Butternut (*Juglans cinerea*): helpful to ease symptoms of irregularity where diet changes and exercise have provided little or no relief; improves detoxification through the liver.

Cascara Sagrada Bark (*Rhamnus purshiana*): encourages regular elimination with low risk of side effects like intestinal cramping. A bitter tonic that supports colon muscle strength and liver detoxification.

Turkey Rhubarb Root (*Rheum officinalis*): helps promote normal evacuation through mild laxative action; a colon protector.

Psyllium Seed Husk (*Plantago psyllium*): a bulking agent and source of fiber that helps normalize elimination and encourages proper stool formation.

Fennel Seed (*Foeniculum vulgare*): eases symptoms of bloating, gas and gastric fullness related to irregular elimination and overeating.

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Barberry Berry (*Berberis vulgaris*): a gentle tonic for the liver that supports healthy digestion and regularity.

Licorice Root (*Glycyrrhiza g.*): harmonizes the activity of other herbs in the formula; helpful to reduce colon inflammation and spasms.

Ginger Root (*Zingiber o.*): the quintessential catalytic herb for healthy digestion. Enhances the activity of other herbs in the formula.

Irish Moss (*Chondrus c.*): a mucilaginous, reddish-brown seaweed that eases symptoms of bloat and incomplete or difficult evacuation; helps cleanse toxins that slow down normal elimination.

Capsicum Annuum: promotes normal gastric activity and secretions for healthy digestion. Catalytic; enhances the activity of other herbs in the formula.

ingredients: Butternut Brk.; Cascara Sagrada Brk.*; Psyllium Sd. Husk; Turkey Rhubarb Rt.; Marshmallow Rt.; Fennel Sd.; Barberry Brk.; Licorice Rt.; Irish Moss; Ginger Rt.; Capsicum.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).**

directions: Take 2 caps, 3 times daily for 1 month. Then, 2 caps daily as needed. Children 5 – 12 years: take half adult serving.

* 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.

** This product contains herbs that may have natural laxative properties. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because the herbs listed above may worsen these unhealthy conditions. Consult your healthcare professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

‡ Caution: This product contains Cascara Sagrada Bark. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada Bark may worsen these conditions and be harmful to your health. Consult your healthcare professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. This notice is required by the California Department of Health Services.

