



Crystal Star™
whole herbs for the whole person™



Men's Healthy Libido™

GINKGO BILOBA
for circulation*

KOREAN GINSENG
for hormone balance*

SAW PALMETTO
for prostate health*

WILD GREEN OATS
for sensation and desire*

Recharge Your Sexual Performance

Many men complain of sexual performance problems or low libido, especially as they age. A man's libido absolutely depends on the state of his health. A healthy diet and lifestyle have the greatest impact on a man's sexual function and enjoyment. Every man can develop his sexual potential to its utmost no matter what his age. A man's sex drive is dependent on testosterone and a good blood supply to the erectile tissue, factors that rely on good nutrition and regular exercise. Whole herbs complement a man's healthy lifestyle by adding special nutrients that directly support healthy sexuality.

Who is Crystal Star Men's Healthy Libido™ For?

- Men who want to enhance sexual desire and performance
- Men who want to support proper erectile function
- Men who want to support a healthy reproductive system

How can Men's Healthy Libido™ Enhance Your Health Program?

- This formula features wild green oats, a powerful aphrodisiac and sexuality enhancer. Research from the Institute for Advanced Study of Human Sexuality shows wild oats can produce good results for increased sexual activity and orgasm frequency in men.
- Maca has clear libido enhancing effects for men and has a long history of safe use as a healing food in Peru. Animal research suggests maca has fertility enhancing effects and may improve sperm count.
- All three ginseng-like species in the formula nourish and tone the male reproductive system. Research published in the *Journal of Urology* shows red panax ginseng improves erectile function for men.

Herbs are strong enough to benefit the male system, but come without the unwanted side effects of drugs. Whole herbs in Men's Healthy Libido™ can help encourage healthy erectile function and proper sperm count, restore hormonal balance, and support a healthy prostate. Crystal Star Men's Healthy Libido™ is your best choice for reliable, safe sexuality-enhancing benefits for men.

Product ID#	Size
103160	60 capsules

about the herbs

Ginkgo Biloba extract: increases blood flow to the penis; a specific for erection problems caused by poor circulatory or arterial health.

Korean Panax Ginseng (*Panax g.*): an herbal aphrodisiac that combats fatigue and strengthens physical performance. Tests suggest it may help enhance production of testosterone in the body.

Wild Green Oats (*Avena sativa*): research from the Institute for Advanced Study of Human Sexuality shows that wild green oats can produce an increase in sexual activity for men, as well as enhanced genital sensation and orgasm frequency.

Maca (*Lepidium meyenii*): a premier herb to help boost a man's sex drive and performance. Helps support healthy sperm production and fertility. Especially helpful for older men with low libido or declining sexual performance.

Saw Palmetto extract (*Serenoa repens*): reduces painful intercourse and discomfort related to prostate problems.

Chinese Red Ginseng (*Panax g.*): improves erectile function and increases sexual energy.

American Ginseng (*Panax quinquefolium*): enhances the conversion of l-arginine to nitric oxide, required in the mechanism of erection. Research shows American ginseng improves copulatory behavior in animals.

Horny Goat Weed (*Epimedium grandiflorum*): a Chinese herb named after a mythical creature that could achieve 100 sexual climaxes a day. Supports healthy erectile function and improves a waning sex drive.

Tribulus Terrestris: improves erectile function and sexual desire. Research suggests tribulus may be helpful to promote healthy sperm count and motility.

Wild Yam Root (*Dioscorea villosa*): acts as gentle hormone balancer for men and women; a diuretic herb which helps reduce the symptoms of prostate problems..

L-Arginine: a precursor to nitric oxide, involved in the mechanism of erection. Supports healthy sperm production and motility.

L-Glutamine: an amino acid that helps to promote growth hormone release, which helps with muscle building.

ingredients: Ginkgo Biloba Lf. Extract; Korean Ginseng Rt.; Wild Green Oats; Siberian Eleuthero Rt.; Maca Rt.; Sarsaparilla Rt.; Gotu Kola Lf.; Ho-Shou-Wu Rt. (Fo-Ti); Muira Pauma Rt.; Saw Palmetto Bry. ext.; Chinese Red Ginseng Rt.; Jiaogulan Lf.; American Ginseng Rt.; Rhodiola Rt. extract; Spirulina; Damiana Lf.; Horny Goat Weed Lf.; Tribulus; Nettles Lf.; Wild Yam Rt.; Ginger Rt.; Guarana Sd. ext.; L-Arginine; L-Glutamine; Niacin.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps daily, morning and afternoon as needed.

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