



**Crystal Star™**  
whole herbs for the whole person™



# Mental Clarity™

ROSEMARY LEAF  
for memory\*

GOTU KOLA LEAF  
for focus\*

GINKGO BILOBA  
for circulation\*

ASHWAGANDHA ROOT  
for energy\*

## Wake up your brain!

Memory lapses and poor concentration plague most of us at some point in our lives. While, in the majority of cases, the problem isn't serious, its effects can be far reaching. Productivity declines; performance suffers - causing more stress and mental exhaustion. Memory problems are often related to poor diet choices, stress or reduced circulation to the brain. Lifestyle changes along with memory enhancing herbs can provide the brain boost you need for increased mental clarity.

## Who is Crystal Star Mental Clarity™ For?

- Students who want to perform at their mental peak.
- Professionals who need a brain boost for long work hours or demanding projects.
- Anyone experiencing minor memory lapses or symptoms of "brain fog."

## How can Mental Clarity™ Enhance Your Health Program?

- Gotu kola is widely used in Ayurvedic medicine as a brain tonic that promotes calm, focused mental energy.
- Rosemary has a centuries' long history of enhancing memory. Shakespeare refers to "rosemary for remembrance" in Hamlet. Modern research reveals components in rosemary help prevent the breakdown of acetylcholine in the brain, a key brain chemical for memory.
- Ginkgo biloba is a specific for poor memory related to poor circulation. In preliminary research, ginkgo has been shown to be helpful for some cases of mental decline. (Pharmacopsychiatry. 2003)

When the brain is well-nourished, most mental problems can straighten themselves out. The right nutrients stabilize emotional reactions and improve brain power. Mental Clarity™ wakes up your brain, but doesn't overly stimulate or cause irritability. It promotes calm, focused energy for whatever the task at hand may be. It can even reduce stress attacks that can cause poor concentration and memory. Try it today and experience the difference Crystal Star Mental Clarity™ can bring you.

Product ID#	Size
103250	60 capsules

## about the herbs

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**Gotu Kola** (*Centella asiatica*): an Ayurvedic herb that helps promote calm, focused mental energy.

**Siberian Eleuthero Rt.** (*Eleutherococcus senticosus*): a premier anti-stress herb that helps increase mental and physical performance. A good choice for students preparing for exams and athletes looking to hone their performance.

**Ginkgo Biloba extract:** a specific herb for memory lapses and poor mental acuity. Studies show ginkgo can even be helpful for people with memory loss and mental disorders.

**Rosemary** (*Rosmarinus off.*): Components in rosemary actually prevent the breakdown of acetylcholine in the brain, a key brain chemical for memory. Rich in antioxidants that help prevent free radical damage to delicate brain tissue.

**Ho-Shou-Wu Rt.** (*Polygonum multiflorum*): an herb used in Traditional Chinese Medicine to help prevent age-related problems like cognitive decline. Strengthens kidneys, liver and blood.

**Ashwagandha** (*Withania somnifera*): an Ayurvedic energy tonic for mental fatigue and chronic stress.

**Ginger Rt.** (*Zingiber off.*): an effective circulation enhancer for better mental focus. Poor circulation can mean low mental energy.

**Kelp** (*Ascophyllum nodosum*): a source of organic iodine for thyroid and brain support. Low thyroid activity can lead to mental sluggishness and fatigue.

**Schizandra berry** (*Schizandra chinensis*): supports the adrenal glands for enhanced energy and mental performance.

**Kava** (*Piper methysticum*): known for its ability to promote calm, focused energy, kava relieves stress that slows down creative thinking.

**Capsicum Annuum:** catalytic, enhances the effectiveness of the other herbs in the formula. Helps increase circulation to the brain.

**ingredients:** Siberian Eleuthero Rt.; Gotu Kola Lf.; American Ginseng Rt.; Ho-Shou-Wu Rt.; Ashwagandha Rt.; Rosemary Lf.; Ginger Rt.; Kelp; Ginkgo Biloba Extr.; Grape Sd. Extr.; Schizandra Bry.; Kava Rt.; Prickly Ash Brk.; Capsicum; L-Glutamine; GABA; Other ingredients: vegetable-source maltodextrin and magnesium stearate, silicon dioxide, vegetarian capsule (vegetable cellulose and water).

**directions:** Take 1 – 2 capsules daily.

\* 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.

† **Caution:** Products containing Kava Kava Root are not recommended for use by persons under the age of 18. If pregnant, nursing, or taking a prescription drug, consult a health care practitioner prior to use. Do not exceed recommended dose. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages.