



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



# Ocean Minerals™

SEAWEED EXTRACT  
for nutrients\*

DANDELION ROOT  
for body cleansing\*

BUTCHER'S BROOM  
to catalyze results\*

GENTIAN  
to aid mineral absorption\*

## What makes Crystal Star Ocean Minerals™ so key to your good health?

Minerals are the building blocks of life, and nature's most basic nutrients. They act as bonding agents between you and the food you eat. Minerals comprise only a small percentage of your body weight, yet they are key to major areas of your health. Minerals keep your body pH balanced, alkaline instead of acid, and are essential to bone formation and bone health. They regulate the osmosis of cellular fluids, nerve electrical activity and most metabolic functions, including thyroid protection. Minerals transport oxygen, govern heart rhythm, help you sleep, and keep you emotionally balanced. As a bonus, minerals from the sea help beautify your hair, skin and nails. Trace minerals comprise only .01% of body weight, but a deficiency in these micro-nutrients can cause depression, PMS and other menstrual disorders, hyperactivity, blood sugar disorders, nervous stress, premature aging, memory loss and poor healing. Ocean Minerals™ contains high quality plant and trace minerals that are easily absorbed by your body, thereby maximizing the benefits of the essential nutrients in your diet.

## Do you get enough minerals every day?

Because your body doesn't synthesize minerals, they must be regularly and directly obtained from the foods you eat. Many minerals are no longer sufficiently present in our fruits and vegetables; they are leached from the soil by chemicals and pesticide sprays used in commercial farming. Any food truly high in minerals allows your body to absorb the maximum amount of nutrients. Unfortunately, today's diet of chemicalized foods inhibits proper mineral absorption. High stress lifestyles that rely on tobacco, alcohol, steroids and antibiotics also contribute to mineral depletion. Even foods that show good amounts of minerals have fewer than we believe, because many standards for measurement were developed decades ago when pesticides were not as prolific. Eating organically grown produce, whenever possible, and taking a good herb or food-source mineral supplement like Ocean Minerals™ can set you up for better absorption of nutrients from the foods you eat, and a healthier body.

## Crystal Star Ocean Minerals™ gives your whole body a boost!

Plant minerals and trace minerals from land vegetables and seaweeds, like those specially chosen for Ocean Minerals™, are some of the most reliable sources for gaining the benefits that minerals have to offer. Because these plant minerals are from whole foods, your body easily uses them to help deliver nutrients to your entire system. Increased use of nutrients means more energy, a healthier immune system, balanced nervous system, stronger bones, and beautiful hair, skin and nails. In essence, Crystal Star Ocean Minerals™ delivers overall superior health from the sea to you!\*

Product ID#	Size
103480	60 capsules

## about the herbs

[click here to order Ocean Minerals™ now](#)

**Seaweed Extract:** a potent natural source of potassium, iodine, calcium and silica for beautiful skin, hair, nails; strong bones; detoxification; and thyroid protection. — {Kelp (*Ascophyllum nodosum*); Dulse (*Rhodomenia palmetta*); Irish moss (*Chondrus c.*); Watercress (*Nasturtium off.*)}

**Sea Buckthorn** (*Hippophae rhamnoides*): a high vitamin C herb known to help protect against heavy metal toxicity.

**Spirulina** (*Spirulina plantensis*): high in calcium, iron, B-complex, EFA's (essential fatty acids), and plant protein; abundant in chlorophyll to help detoxify the bloodstream.

**Dandelion Root** (*Taraxacum off.*): a good source of potassium and calcium; a detoxifier that is helpful in rebuilding the liver.

**Dandelion Leaf** (*Taraxacum off.*): a potassium-rich diuretic for body cleansing.

**Barley Grass** (*Hordeum vulgare*): high in calcium, iron, magnesium, and phosphorus; antioxidant cell protector.

**Alfalfa** (*Medicago sativa*): one of the richest land sources of minerals and trace minerals (especially potassium, iron, calcium and magnesium), pulling up minerals from root depths as great as 130 feet!

**Butcher's Broom** (*Ruscus aculeatus*): a good source of iron, silica and chromium; catalytic – enhances the effectiveness of other herbs in the formula.

**Borage** (*Borago off.*): contains large amounts of potassium, calcium, magnesium, EFA's and vitamin C; a soothing emollient for healthy skin.

**Nettles** (*Urtica dioica*): very high in calcium, iron and potassium; a detoxifying aid for allergies.

**L-Glutamine:** the most abundant amino acid in the body; a specific for recovery from illness; aids muscle growth and gastrointestinal repair.

**Gentian Root** (*Gentiana lutea*): a digestive bitter to help improve nutrient assimilation from the formula.

**ingredients:** Seaweed Extract: {Dulse, Irish Moss, Kelp}; Sea Buckthorn Bry; Spirulina p.; Watercress Hrb.; Dandelion Rt.; Dandelion Lf.; Alfalfa Lf.; Nettles Lf.; Barley Grass; Butcher's Broom Hrb.; Borage Sd.; L-Glutamine; Gentian Rt.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

**directions:** Take 2 caps daily for thyroid protection and mineral nutrition.

\* 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.