



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



# Relax™

WOOD BETONY  
to fight stress\*

ASHWAGANDHA ROOT  
to support the nervous system\*

KAVA KAVA ROOT  
for relaxation\*

SCULLCAP  
for a sense of well-being\*

## What causes anxiety reactions?

Anxiety and phobias are more than just frightening. During a panic attack, terror can be so great that a person loses reason and reality. Severe, long term financial problems and economic insecurity can generate this kind of fear. Anxiety is tied to emotional and physical stress encountered in daily life—relationship difficulties, job demands, food allergies and nutrient deficiencies of B-vitamins, calcium and magnesium, even our increasingly crowded, noisy environment.

## What does an anxiety attack look like?

Most people shiver or tremble. Heartbeat becomes rapid; concentration and focus are difficult; thoughts race; sleep is elusive. Most people suffer indigestion, ulcer or colitis attacks. Irritability, high blood pressure; head and neck aches; dizziness, excessive perspiration; dry mouth and shortness of breath all abound.

Many women confuse panic attacks with heart attacks during menopause because their symptoms seem so severe. Menopausal heart palpitations and nighttime anxiety attacks are extremely common. When I first went into menopause, I remember waking up terrified that I was having a heart attack, but found out later that it was a panic attack.

## What makes Crystal Star Relax™ your best choice for anxiety reactions?

While drug therapy can provide good short-term results in anxiety reduction, it has serious drawbacks over time like addiction and over-sedation. Antidepressant drugs like Prozac, besides their side effects, change body chemistry and make you more at risk for panic attacks and abnormal behavior. In contrast, nervines are herbs that tone, relax and have a strengthening effect on the nervous system. The natural, herbal nervine action of Crystal Star Relax™ will help to reduce symptoms of crippling nervous anxiety and put you back in control of your life.\*

Product ID#	Size
103810	60 capsules
103800	90 capsules

## about the herbs

**Lady Slipper Root** (*Cypripedium pubescens*): a premier nervous system restorative; good for anxiety, mild palpitations, insomnia and headaches.

**Ashwagandha Root** (*Withania somnifera*): a specific for both daytime fatigue and sleeplessness at night; an excellent nervous system herb that works especially well for women who are under chronic stress, or who are recovering from chronic illness.

**Gotu Kola** (*Centella asiatica*): a premier herb for better focus and clarity; a calming memory tonic.

**Kava** (*Piper methysticum*): a nervine for anxiety and menopausal panic attacks; an anodyne and muscle relaxant.

**Black Cohosh Root** (*Cimicifuga racemosa*): a specific for dark moods and hormone-related nervousness; reduces hot flashes for menopausal women; antispasmodic for cramps.

**Black Haw** (*Viburnum prunifolium*): relieves anxiety, mild palpitations, spasms, and tremors.

**Valerian Root** (*Valeriana officianalis*): helps promotes sleep for insomniacs; calms the mind for people with “racing thoughts.”

**Wood Betony** (*Stachys officianalis*): a nervine for stress; eases drug withdrawal symptoms.

**Hops** (*Humulus lupulus*): promotes restful sleep; a specific for anxiety, stress and headaches.

**European Mistletoe** (*Viscum album*): reduces anxiety and panic attacks; lowers high blood pressure.

**Lobelia** (*Lobelia inflata*): an antispasmodic; relaxes back pain and muscular tension.

**Oatstraw** (*Avena sativa*): a good source of calming minerals like calcium; a nervous system restorative for people under chronic stress.

**ingredients:** Lady Slipper Rt.; Ashwagandha Rt.; Scullcap Hrb.; Kava Kava Rt.\*; Black Cohosh Rt.; Black Haw Bark; Wood Betony Hrb.; Valerian Rt.; Hops Flwr.; European Mistletoe; Lobelia Lf.; Oatstraw; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

**directions:** Take 2 caps, 2 – 3 times daily as needed to relax.

\* 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.