



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



# Sugar Control High™

FENUGREEK SEED  
for sugar balance\*

CEDAR BERRY  
for pancreas support\*

GREEN TEA  
for fat burning\*

SUMA  
for energy\*

## Is your blood sugar soaring out of control?

When blood sugar is chronically high, the pancreas is unable to efficiently use insulin or has too little insulin, the hormone that allows sugar to be stored or used for energy. Blood sugar levels fluctuate dramatically, creating health concerns. Obesity, lack of exercise, a family history of diabetes, and being African American increase your risk for blood sugar imbalances. Diet overloads of refined carbohydrates and sugar, alcohol and lack of fiber are other major risk factors. For ongoing sugar balance, your diet should be low in fats and sugars, and high in high quality protein, fiber and largely vegetarian.

## Do you have high blood sugar signs?

- constant thirst with frequent urination
- slow healing cuts and wounds; chronic infections
- recent weight loss or weight gain without diet changes
- severe, unexplained fatigue
- blurry vision

Important note: Consult a health practitioner to determine the appropriate treatment for you.

## Can Crystal Star Sugar Control High™ stop the roller coaster ride of high blood sugar symptoms?

New research on fenugreek, included in Sugar Control High™, shows that it can help regulate blood sugar levels. Further, mullein, cedar and horseradish in the formula help strengthen pancreas and insulin activity, so weakened body systems have a chance to normalize. Adrenal energizers like suma, and the B vitamin, pantothenic acid, are included to overcome the fatigue that accompanies blood sugar imbalances. As a bonus, green tea in the formula maximizes fat burning for faster weight loss results. Along with proper diet and exercise, Crystal Star Sugar Control High™ helps regulate blood sugar and puts you back in charge of your body!

| Product ID# | Size        |
|-------------|-------------|
| 102850      | 60 capsules |

## about the herbs

**Fenugreek Seed** (*Trigonella foenumgraecum*): helps balance blood sugar levels. Research from India and Europe shows fenugreek can help reduce blood sugar levels in hyperglycemia.

**Cedar Berry** (*Juniperus monosperma*): has sugar regulating properties for both low and high blood sugar.

**Dandelion Root** (*Taraxacum off.*): aids sugar regulation through liver cleansing activity. The liver controls conversion of glycogen into glucose for distribution in the blood stream.

**Licorice Root** (*Glycyrrhiza glabra*): believed in TCM to harmonize the activity of all other herbs; energizes by supporting the adrenal glands.

**Elecampane Leaf** (*Inula helenium*): contains inulin, a soluble fiber source that aids in sugar control.

**Green Tea Leaf** (*Camellia sinensis*): Green tea helps to lower blood sugar levels and enhances fat burning. USDA research suggests that the green tea catechin, epigallocatechin gallate (EGCG), could work by enhancing the action of insulin in the body.

**Suma Root** (*Pfaffia paniculata*): has blood sugar regulating properties; improves energy and endurance, helping to counteract fatigue caused by blood sugar disturbances.

**Wild Yam Root** (*Dioscorea villosa*): a source of the steroidal saponin, diosgenin, that provides gentle progesterone balancing action; energizes by supporting the adrenal glands.

**Uva Ursi Leaf** (*Arctostaphylos uva ursi*): supports urinary health.

**Pantothenic Acid:** a B vitamin that energizes by supporting the adrenal glands.

**Glycine:** an amino acid that aids in blood sugar regulation for both low and high blood sugar problems.

**Spirulina** (*Spirulina plantensis*): a very high source of plant protein for blood sugar regulation.

**Manganese:** a mineral that aids in sugar and fat metabolism.

**ingredients:** Fenugreek Sd.; Cedar Bry.; Green Tea Lf.; Dandelion Rt.; Licorice Rt.; Elecampane Hrb.; Mullein Lf.; Bilberry Lf./Bry.; Goldenseal Rt.; Guar Gum; Horseradish Rt.; Suma Rt.; Wild Yam Rt.; Kelp; Pantothenic Acid; L-Glycine; Uva Ursi Lf.; GABA; Spirulina; Capsicum; Manganese; Other ingredients: vegetable-source magnesium stearate, vegetarian capsule (vegetable cellulose and water).

**directions:** Adults, take 2 caps twice daily with meals. Follow a high vegetable natural foods diet. Children 5 – 12 years, take half of adult serving.

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