



Crystal Star™
whole herbs for the whole person™



Thermo Thinner™

BITTER ORANGE
for weight control*

GARCINIA CAMBOGIA
to burn fat*

GREEN TEA
for metabolism*

SIBERIAN ELEUTHERO
for energy*

What is thermogenesis?

Thermogenesis is all about fat burning. About 75% of the calories you eat work to keep you alive and support your resting metabolic rate. The balance of calories are stored as white fat, or burned up by brown adipose tissue, (brown fat), your body's premier fat-burning factory. The more active your brown fat is, the more efficient your thermogenesis is, and the easier it is to maintain an optimum weight. Brown fat activity explains why some people can overeat and stay slim while other people put on the pounds... even though their diet and exercise plan is sound.

Do you need a thermogenesis boost for weight loss?

For most of us, brown fat becomes less active and less thermogenically responsive as we age. Instead of calories being burned off, they get stored as white fat. In addition, research into the genetic basis of obesity shows that some people are not born with enough brown fat. People who eat lightly but still can't lose weight, gain more weight at middle age because the little brown fat they do have is reduced even further. Keeping your brown fat activated is a key to successful weight control. New research shows that it is possible to turn your fat burning factory back on, and using thermogenic herb formulas is a key.

Crystal Star Thermo Thinner™ is a safe and effective thermogenesis enhancing formula.

Most of us have heard of using ephedra to stimulate weight loss, but, unfortunately, misuse of this herb in highly concentrated chemical ephedrine formulas has led to side effects and health risks for consumers. In fact, in many parts of the U.S., ephedra is now banned from use in dietary supplements. Thermo Thinner™ is a premier ephedra-free formula you can rely on for safe weight loss results. Green tea, bitter orange, ginseng, guarana and ginger are all thermogenic herbs in this formula that you can use to your advantage for weight loss results. Bonus: the thermogenic herbs in Crystal Star Thermo Thinner™ also suppress appetite. You eat less with less effort.*

Weight loss is not easy in today's lifestyle. Reaching your ideal weight is a victory.

Keeping it requires vigilance.

Product ID#	Size
104115	60 capsules

about the herbs

Citrin® Fruit/Rind (*Garcinia cambogia*): helps the body burn carbohydrates instead of storing them as fats; a natural appetite suppressant.

Green Tea Leaf (*Camellia sinensis*): a proven weight loss aid with thermogenic (fat burning) properties; rich in L-theanine, a natural energizer that aids in stress relief (great to help reduce a tummy bulge related to high cortisol from chronic stress).

Spirulina (*Spirulina plantensis*): a very high protein source that balances blood sugar while dieting; helps control overeating and sugar binging; a rich source of the essential fatty acid, GLA (gamma linolenic acid), that burns bad fats (saturated fats, trans fats) and accelerates weight loss.

Bitter orange (*Citrus aurantium*): a key fat burning herb; contains synephrine, chemically similar to ephedrine but with a better safety profile.

American Panax Ginseng: balances blood sugar levels; excellent for diabetes; a body balancer that reduces stress and overeating.

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Seaweed blend: a high source of essential fatty acids that burn bad fats (saturated fats, trans fats) and aid weight loss; very high in vitamins and minerals that help to keep nutrient levels up during the hard work of dieting — {Kelp (*Ascophyllum nodosum*); Bladderwrack (*Fucus vesiculosus*); Irish moss (*Chondrus crispus*)}

Guarana (*Paullinia cupana*): boosts metabolism and fat burning; a short term energizer.

Ginger Root (*Zingiber officinalis*): a catalyst that enhances the effectiveness of the formula.

Cinnamon Bark (*Cinnamomum verum*): a natural appetite suppressant and thermogenic aid; a warming stimulant and catalyst that enhances the effectiveness of the formula.

Chromium Picolinate: balances blood sugar; reduces sugar cravings and overeating.

ingredients: Citrin® Fruit/Rind (*Garcinia c.*); Green Tea Lf; Spirulina; Bitter Orange; Kelp; Guarana Sd.; Cinnamon Brk.; Siberian Eleuthero Rt.; Bladderwrack; Irish Moss; Mustard Sd.; Ginger Rt.; Black Pepper; Chromium Pic.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 1 capsule before each meal daily for 2 months.

* 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.