



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



# Thyroid Meta Max™

GREEN TEA  
to burn fat\*

KELP  
to nourish the thyroid\*

FENUGREEK  
to break down fat\*

TYROSINE  
to stimulate the thyroid\*

**Thyroid Meta Max™ accelerates weight loss and boosts your metabolism by supporting the thyroid gland. This all-natural source of iodine and potassium increases energy and helps with symptoms related to thyroid imbalance.**

## Do you need Crystal Star Thyroid Meta Max™?

Since World War II, an above average number of people have thyroid problems. Researchers speculate that the enormous number of chemicals that came into our culture during and after the war (some not well-tested for safety) affected thyroid health. Today, thyroid problems affect 13 million people, most of whom are women. One unfortunate result? Unexplained weight gain after menopause.

## Who is Thyroid Meta Max™ for?

- people who want natural, hormone-free thyroid support
- people with low metabolism who want to lose weight
- people with symptoms of thyroid imbalance: great fatigue, PMS, digestive disturbances, unusual depression, unexplained hair loss in women, often accompanied by breast fibroids; sensitivity to cold, especially cold hands, feet and ears

## How can Crystal Star Thyroid Meta Max™ Enhance Your Health Program?

- The sea veggie blend in the formula offers a high content of natural iodine and potassium which reactivate the thyroid gland for accelerated weight loss results.
- Antioxidant-rich herbs in the formula like green and white tea fight free radical damage to the thyroid gland and increase thermogenesis (fat burning).
- Hormone balancing herbs in the formula like saw palmetto fight thyroid-related head hair loss and facial hair growth.

Product ID#	Size
104150	60 capsules

## about the herbs

**Sea Veggie blend** (Kelp (*Ascophyllum nodosum*), Bladderwrack (*Fucus vesiculosus*), Irish moss (*Chondrus c.*): The natural iodine and potassium in the sea veggie blend supports the thyroid gland and reactivates metabolism for faster weight loss. The sea veggie blend also stimulates lymphatic drainage for reduced bloat and cellulite.

**Green Tea Lf.** (*Camellia sinensis*): a proven weight loss aid that enhances thermogenesis (brown fat activity) and reduces fat absorption.

**Fenugreek Seed** (*Trigonella foenumgraecum*): high in lecithin, a lipotropic (fat dissolving) substance that can help balance cholesterol. Fights cellulite formation by helping to expel toxic wastes in the lymphatic system.

**Coleus Forskohlii**: increases fat metabolism and boosts thyroid activity.

**Nettles herb** (*Urtica dioica*): raises thyroid activity, allowing for faster weight loss; a detoxifying aid that is high in calcium. New studies show a high calcium intake can augment weight loss results for women.

**Parsley Rt. and Lf.** (*Petroselinum crispum*): reduces thyroid-related bloating and puffiness.

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**Watercress** (*Nasturtium off.*): a spring cleanser that reduces bloating and water retention; supports adrenal activity for sustained energy,

**L-Tyrosine**: critical for proper thyroid functioning, tyrosine combines with iodine to help produce the thyroid hormones, T3 and T4. Offers rapid energy boost.

**L-Glutamine**: a growth hormone promoter that encourages fat loss and muscle growth.

**Spirulina Plantensis**: a superior source of plant protein for blood sugar stabilization.

**Butternut Brk.** (*Juglans cinerea*): promotes regularity; excellent for constipation due to low thyroid activity.

**Saw Palmetto** (*Serenoa repens*): helpful for low thyroid symptoms like excess facial hair and head hair loss in women.

**Capsicum annuum**: a circulatory stimulant. Catalytic, enhances the activity of other herbs.

**ingredients:** Sea Veggie Blend; {Bladderwrack, Kelp, Irish moss}; Green Tea Lf.; Fenugreek Sd.; White Tea Lf.; Nettles Herb; Dandelion Rt. Rstd.; Parsley Rt. and Lf.; Coleus f.; Saw Palmetto Bry.; Watercress Herb; L-Tyrosine; Wild Yam Rt.; Prickly Ash Bark; Ginger Rt.; L-Glutamine; Butternut Brk.; Spirulina p.; Grape Seed Extract; Capsicum a. Pepper; Royal Jelly; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

**directions:** Take 3 capsules daily, one before each meal for 2 months. Then, 1 cap daily as needed.

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