



Crystal Star™
whole herbs for the whole person™



Vir-ex™

LOMATIUM
for congestion*

ST. JOHN'S WORT
as an antiviral*

ECHINACEA
for a lymph detox*

ANDROGRAPHIS
for immune defense*

Are you under Viral Attack?

Viral infections are the scourge of modern civilization. From the flu, to mononucleosis, to hepatitis, no one of us is immune to viral threats. A viral infection is a total body assault. Viral organisms infiltrate the deepest regions of the body and live off cell enzymes. Medical antibiotics are useless in the case of viruses, so alternative treatments, both natural and medical, should be actively explored with your health professional. Many viruses are self-limiting, and the body is able to recover with proper rest and nutrition.

Who is Crystal Star Vir-ex™ For?

- People looking for natural support against viral offenders.
- People looking for gentle relief of symptoms like mild fever, body aches and fatigue.

How can Vir-ex™ Enhance Your Health Program?

- Lomatium is a traditional naturopath's herbal choice for symptoms of respiratory distress. Terpenes in lomatium help thin and clear mucous while boosting natural immune response to invaders.
- Olive leaf is a source of oleuropein found to inhibit the growth of viruses, bacteria, fungi and parasites.
- Maitake mushroom extract is a deep immune stimulant that strengthens the body and increases wellbeing.

While anti-viral herbs cannot cure viral attacks, they offer immune boosting benefits and can minimize symptoms like fatigue, muscle aches and fever. Whole herbs in Vir-ex™ increase lymphatic drainage, so symptoms like swollen glands and excess mucous can also be relieved. Crystal Star Vir-ex™ is targeted for potent anti-viral activity, so you will feel better and live better if you're under attack.

Important note: If you are suffering from a severe virus, please seek help from a medical professional.

| Product ID# | Size |
|-------------|-------------|
| 104250 | 60 capsules |

about the herbs

Lomatium dissectum: a key naturopathic remedy for symptoms of influenza and respiratory distress. Useful to clear chest congestion.

Goldenseal rt. (*Hydrastis canadensis*): an anti-inflammatory herb that helps reduce body aches. Antimicrobial activity makes goldenseal useful for bacterial invaders.

Olive Lf. (*Olea europa*): oleuropein in olive leaf can help inhibit the growth of viruses, bacteria, fungi and parasites. Helps cleanse the colon of infective wastes.

St. John's wort (*Hypericum perforatum*): widely known today as an herbal antidepressant, St. John's wort was traditionally used as an anti-viral.

Echinacea angustifolia: found to help stimulate production of interferon, the body's natural anti-viral substance. Stimulates lymph drainage for relief of swollen glands.

Protease: helps to clean up viral debris in the bloodstream, allowing the immune system to function better, naturally.

Maitake mushroom extract (*Grifola frondosa*): a deep immune stimulant that strengthens the body and increases wellbeing.

Andrographis (*Andrographis paniculata*): a newly popular herb for relief of influenza symptoms like upper respiratory congestion.

Propolis: antiviral activity against flu symptoms. A potent antimicrobial against secondary bacterial invaders. Especially useful to relieve sore, irritated throat.

Hyssop (*Hyssopus officinalis*): helps to clear thick, congested respiratory mucous. Calming for chronic coughs.

Usnea lichen (*Usnea barbata*): a specific remedy for respiratory symptoms, colds, flu and low immune function.

Astragalus (*Astragalus membranaceus*): helps restore normal immune function and accelerates recovery. Eases symptoms of fatigue and night sweats.

Echinacea purpurea extract: helps stimulate lymph drainage to remove pathogens. Catalytic, enhances the activity of other herbs in the formula.

ingredients: Lomatium; Goldenseal Rt.; Echinacea a. Rt.; St. John's Wort Herb; Olive Lf.; Andrographis Herb; Hyssop Lf.; Elderberry ext.; Usnea Lichen; Astragalus Rt.; Echinacea p. Rt. ext.; Echinacea p. Rt.; Maitake Mushroom ext.; Protease; Propolis; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 3 caps, twice daily for 1 week, then 2 caps, twice daily for 1 week.

* 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.