



Crystal Star™
whole herbs for the whole person™



Women's Best Friend™

GOLDENSEAL
for cleansing*

JAMAICAN DOGWOOD
for pain control*

CRAMP BARK
for cramp relief*

RED RASPBERRY LEAF
for uterine tone*

Do you have warning signs of endometriosis or uterine fibroids?

Endometriosis is a condition caused by excess growth of endometrial tissue that is not shed during menstruation. Endometriosis increases risk for benign uterine and breast fibroids. It is credited with up to 50% of infertility cases in American women. A visit to your holistic physician offers a definitive diagnosis, but two or more yes answers to the symptoms below should alert you of a potential problem.

- severe abdominal cramping and shooting pain; and abdominal-rectal pain
- excessive, painful menstruation; passing large clots; prolonged menstrual cycles
- chronic fluid retention, bloating
- irregular bowel movements or diarrhea during menses

What causes endometriosis and fibroids?

While scientists are still not entirely certain why endometriosis and fibroids develop, the following are risk factors to note:

- excess levels of estrogen / deficient progesterone
- immune dysfunction
- X-ray consequences
- high fat diet with too much caffeine and alcohol
- oral contraceptives may play a role

Can Crystal Star Women's Best Friend™ help?

Crystal Star Women's Best Friend™ takes down pain and swelling fast so you start feeling better right away. Women's Best Friend™ goes to the source of the problem, helping to reduce excess estrogen that fuels abnormal growths, and stimulating liver activity for improved estrogen metabolism. It works with your body's natural detoxification processes to clear congested wastes while reducing symptoms like abnormal bleeding. It's truly a woman's best friend, a friend you won't want to be without.*

Note: This formula is intended to be used as needed for 1 – 4 months.

Product ID#	Size
104360	60 capsules
104350	90 capsules

about the herbs

Goldenseal Root (*Hydrastis canadensis*): a supreme anti-microbial which takes down pain and swelling in the entire ovarian-uterine area.

Jamaican Dogwood (*Piscidia erythrina*): one of the strongest non-narcotic herbal pain killers (anodynes)... especially for menstrual pain, facial nerve pain, neuralgia, TMJ pain, back pain, muscle cramps and spasms.

Seaweed Powder Blend: boosts lymphatic drainage and helps release congested wastes; primary source of organic iodine that helps boost thyroid activity (low thyroid function is a factor in women's problems). {Bladderwrack (*Fucus vesiculosus*), Arame (*Eisenia bicyclis*)}

Red Raspberry (*Rubus idaeus*): an astringent which strengthens the ovarian-uterine area; uterine relaxant that helps normalize bleeding.

Cramp Bark (*Viburnum opulus*): a specific to reduce menstrual cramping and spasmodic pain.

Ginger (*Zingiber officinale*): a circulatory enhancer for the ovarian-uterine area.

Hawthorn (*Crataegus officinale*): encourages a feeling of well being; reduces abdominal congestion.

click here to order Women's Best Friend™ now

Dong Quai (*Angelica sinensis*): a phytohormone containing herb which helps reduce excess estrogen by binding to receptor sites; promotes blood flow to reproductive organs; regulates menstrual flow and uterine cramping.

Sarsaparilla Root (*Smilax medica*): has mild progesteric activity which helps reduce excess estrogen; cleanses impurities from the bloodstream.

False Unicorn (*Chamaelirium luteum*): a specific for female reproductive problems; regulates menstruation.

Peony Root (*Paeonia officinalis*): antispasmodic and sedative action; eases menstrual cramping and irregularity.

Uva ursi: a flushing herb to release bloat and fluid congestion.

Blessed Thistle (*Cnidus benedictus*): a bitters herbs which stimulates liver activity and proper hormone metabolism; reduces menstrual cramping.

Rehmannia (*Rehmannia glutinosa*): a specific for female reproductive problems; helps regulate excessive and interperiod menstruation.

Protease: an enzyme which helps dissolve abnormal tissue and cleanse the bloodstream.

ingredients: Goldenseal Rt.; Jamaican Dogwood Brk.; Wild Yam Rt.; Bladderwrack; Red Raspberry Lf.; Cramp Bark; Ginger Rt.; Hawthorn Lf./Brk./Frt.; Arame; Dong Quai Rt.; Sarsaparilla Rt.; False Unicorn Rt.; Peony Rt.; Uva Ursi Herb; Blessed Thistle Herb; Protease; Rehmannia Rt.; Lobelia Lf.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, 3 times daily for 2 months. Then, 2 caps, morning and evening for 1 – 2 months. Rest one month before resuming if needed.

* 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.

