

CRYSTAL STAR®
ESTD ★ 1978

CRAVE EZE

CURBS
THE EDGE

16

WHOLE
HERBS

60

VEGETARIAN
CAPSULES



DIETARY SUPPLEMENT

★ PROMOTES CALM*

★ SUPPORTS NERVOUS
SYSTEM HEALTH*

★ SKULLCAP & VALERIAN

SUGGESTED USE

Take 2 capsules, twice daily, for 1-2
months. Then 2 capsules daily, as needed
for maintenance.

LOT#/EXP: SEE BOTTOM OF BOTTLE

*These statements have not been evaluated
by the Food and Drug Administration. This
product is not intended to diagnose, treat,
cure or prevent any disease.

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CA RESIDENTS: WARNING: ⚠️ CANCER AND
REPRODUCTIVE HARM WWW.P65WARNINGS.CA.GOV

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Niacin	30mg	188%
Proprietary Herbal Blend	1.24g	†
DL-Phenylalanine	.03g	†

American Skullcap, Gotu Kola, Kava Kava (Root),
Eleuthero (Root), St. John's Wort, Valerian (Root),
Organic Alfalfa (Leaf), Wood Betony, Sea Buckthorn
(Fruit), Ginkgo biloba (Leaf), Ginger, Blessed Thistle,
Hawthorn (Berry), Acerola Cherry (Fruit), Amla (Berry),
Cayenne (Fruit)

† Daily Value not established

Warning: Do not use if tamper proof seal is damaged or missing.
US FDA advises that a potential risk of rare, but severe, liver injury
may be associated with kava-containing dietary supplements.
Products containing Kava Kava Root are not recommended for use
by persons under the age of 18. If pregnant, nursing or taking a
prescription drug, consult a health care professional prior to use.
Do not exceed recommended dose. Excessive use may impair
ability to drive or operate heavy equipment. Not recommended for
use with alcoholic beverages. Keep out of reach of children. For
additional warning information, please visit product page on our
website.

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WWW.CRYSTALSTAR.COM



Other Ingredients: Vegetarian Capsule, Organic Brown Rice
MAY CONTAIN: TREE NUTS (GINKGO)
Manufactured for Healthy Healing Enterprises, LLC. Minneapolis, MN | (800) 736-6015