

For over 35 years, it has been my goal to help you feel better safely & naturally. Formulated by myself. **Crystal Star products are the best choice.**

**Linda Page, Ph.D,**  
Traditional Naturopath



**GMP  
QUALITY  
ASSURED**

This product has been manufactured at a GMP registered facility certified by the NSF (The Public Health and Safety Company)

**Directions:** Take 2 capsules, 3 times daily for 2 months. Then, 2 caps, morning and evening for 1-2 months. Rest one month before resuming if needed.

**100% Satisfaction Guaranteed**

Store in a Cool Dry Place (59 - 86° F)

**LOT#**

**EXP:**

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

# Easy Change™

Supports gentle long-term menopausal balance, while reducing problematic menopausal symptoms.\*\*

**BLACK COHOSH**  
supports internal temperature regulation\*\*

**SKULLCAP** promotes relaxation helping reduce menopausal anxiety\*\*

**JIAOGULAN**  
calming stress support reducing irritability\*\*

**NETTLE LEAF**  
encourages higher energy levels\*\*



SINCE  
1978

**Dietary Supplement**

**90 Vegetarian Capsules**

## Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 45

|                          | Amount Per Serving | % Daily Value |
|--------------------------|--------------------|---------------|
| Proprietary herbal blend | 1300mg             | *             |

Black Cohosh (Root), Motherwort (Herb), Skullcap (Herb), Damiana (Leaf), Siberian Eleuthero (Root), Dong Quai (Root), Dandelion (Root), Jiaogulan (Leaf), White Peony (Root), Nettle (Leaf), Ginger (Root), Rosemary (Leaf), Wild Yam (Root), Sarsaparilla (Root), Oat Straw Seed (Extract), Rehmannia (Root), Bayberry (Bark), Licorice (Root), Cramp (Bark), Dandelion (Leaf), Poria Cocos (Mushroom)

\* Daily Value not established

Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)

Manufactured for Healthy Healing Enterprises LLC™  
9821 Valley View Rd, Eden Prairie, MN 55344  
(800) 736-6015 | [www.HealthyHealing.com](http://www.HealthyHealing.com)

Note: Do not use if the tamper proof seal is damaged or missing. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medications. Warning: Keep out of reach of children.

SINCE  
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Prod #2100



REV 6/17