

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 2-4 capsules, 2-3 times daily as needed to relax.

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.**

Crystal Star™
for the whole person™

Muscle Relax™

Supports relief from body ache,
tension and mild cramping.**

VALERIAN ROOT
may help
muscles relax**

ST. JOHN'S WORT
promotes relaxation**

JAMAICA DOGWOOD
can ease muscle
spasms**

CRAMP BARK
supports relief
from mild cramping**



Supplement Facts

Serving Size: 4 capsules
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Proprietary herbal blend	2600mg	*

Cramp Bark (Bark), Jamaica Dogwood (Bark), Black Haw (Bark), Rosemary (Herb), Kava Kava (Root), Passion Flower (Herb), Valerian (Root), Mexican Wild Yam (Root), Red Raspberry (Leaf), Lobelia (Leaf), St. John's Wort (Aerial Parts)

* 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

Note: Do not use if the tamper proof seal is damaged. 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 practitioner prior to use. Do not exceed recommend dose. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. Keep out of reach of children.

SINCE
1978

Prod #1250



REV 6/17

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Dietary Supplement

60 Vegetarian Capsules