

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 for tension and cramping relief. Every 4 hours, or as 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™

NEW FORMULA. SMALLER CAPSULE.

Tension Relief™

Herbal blend supporting the relief of muscle aches and encourages mental and physical calming.**

ROSEMARY
calcium rich, supports anti-inflammation**

KAVA KAVA
promotes discomfort relief**

VALERIAN
muscle relaxation support**

CRAMP BARK
encourages mild cramping relief**

SINCE 1978

GLUTEN FREE

Dietary Supplement

60 Vegetarian Capsules

Supplement Facts

Serving Size: 4 capsules
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Proprietary herbal blend	1000mg	*

Rosemary (Herb), Kava Kava (Root), Valerian (Root), Mexican Wild Yam (Root), Red Raspberry (Leaf), Lobelia (Leaf), St. Johns Wort (Herb), Cramp (Bark Extract), Jamaica Dogwood (Bark Extract), Passion Flower (Herb Extract), Black Haw (Bark Extract)

* 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 or missing. 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. Warning: Keep out of reach of children.

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Prod #1300



REV 6/17