

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 capsules morning and evening for 1-2 months.

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™

EST-Aid™

Encourages diminishing effects of menopausal symptoms by supporting hormone balance.**

BLACK COHOSH
supports the reduction of hot flashes**

DAMIANA
source of plant estrogen**

LICORICE ROOT promotes adrenal health and balances estrogen levels**

BLACK HAW
supports menstrual discomfort**



Dietary Supplement

150 Vegetarian Capsules

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 75

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

Damiana (Leaf), Licorice (Root), Sarsaparilla (Root), Motherwort (Herb), Dong Quai (Root), Cultivated False Unicorn, Wild Yam (Root), Green Tea (Leaves), Blessed Thistle (Herb), Squaw Vine (Herb), Black Cohosh (Root), Royal Jelly, Peony (Root), Grape Seed (Extract), Ginger (Root), Rehmannia (Root), Black Haw (Herb), 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™
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(800) 736-6015 | 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
1978

Prod #2145



REV 6/17