



HEALTHY HEALING™

Crystal Star™

whole herbs for the whole person™

SINCE 1978

Women's Best Friend™

GOLDENSEAL
for cleansing*

JAMAICAN DOGWOOD
to soothe*

CRAMP BARK
for relief*

RED RASPBERRY LEAF
for uterine support*

Female reproductive health can become imbalanced easily.

The ovaries are small reproductive organs on each side of the uterus (womb) that produce sex hormones and eggs. Swelling or cysts are common ovarian complaints. Irregularities in the uterus or uterine lining also disrupt normal reproductive function. Many women need support for the ovarian/uterine system in order to find balance and function well.

Do you need ovarian or uterine support?

Two or more yes answers to the symptoms below should alert you of a potential problem.

- cramping and pain
- prolonged menstrual cycles
- fluid retention, bloating
- irregular bowel movements or diarrhea during menses

Can Crystal Star Women's Best Friend™ help?

Crystal Star Women's Best Friend™ rebalances the system so you start feeling better right away. Women's Best Friend™ goes to the source of the problem, helping to support proper liver function for normal estrogen metabolism. It works with your body's natural detoxification processes to clear congested wastes while reducing symptoms. It's truly a woman's best friend, a friend you won't want to be without.*

Note: This formula is intended to be used as needed for 1 – 4 months.

Product ID#	Size
101560	60 capsules

about the herbs

[click here to order Women's Best Friend™ now](#)

Goldenseal Root (*Hydrastis canadensis*): a supreme herb to detox; provides support to the entire ovarian-uterine area.

Jamaican Dogwood (*Piscidia erythrina*): one of the strongest herbal relievers especially for menstrual issues.

Seaweed Powder Blend: a primary source of organic iodine that helps supports thyroid activity. {Bladderwrack (*Fucus vesiculosus*), Arame (*Eisenia bicyclis*)}

Red Raspberry (*Rubus idaeus*): a tonic which strengthens the ovarian-uterine area.

Cramp Bark (*Viburnum opulis*): a relieving herb for menstrual concerns.

Ginger (*Zingiber officinale*): circulatory support.

Hawthorn (*Crataegus officinale*): encourages a feeling of well being; reduces congestion.

Dong Quai (*Angelica sinensis*): regulates normal menstruation.

False Unicorn (*Chamaelirium luteum*): a specific for female reproductive health; regulates normal menstruation.

Uva ursi: a cleansing herb for bloating.

Blessed Thistle (*Cnidus benedictus*): a bitters herbs which supports proper liver activity and metabolism.

ingredients: Goldenseal Rt.; Jamaican Dogwood Brk.; Wild Yam Rt.; Bladderwrack; Red Raspberry Lf.; Cramp Bark; Ginger Rt.; Hawthorn Lf./Brk./Frt.; Arame; Dong Quai Rt.; Sarsaparilla Rt.; False Unicorn Rt.; Peony Rt.; Uva Ursi Herb; Blessed Thistle Herb; Protease; Rehmannia Rt.; Lobelia Lf.; Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, 3 times daily for 2 months. Then, 2 caps, morning and evening for 1 – 2 months. Rest one month before resuming if needed.

* This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

** This product contains herbs that may have natural laxative properties. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because the herbs listed above may worsen these unhealthy conditions. Consult your healthcare professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

