



Crystal Star™
whole herbs for the whole person™



Conceptions™ Tea

DAMIANA
as a fertility aid*

RED RASPBERRY
as a uterine tonic*

SCULLCAP
for stress relief*

LICORICE
for hormone support*

Do You Want to Have a Baby?

Today in America, 20% of married couples of child-bearing age have trouble conceiving and completing a successful pregnancy. The fertility industry grosses a staggering \$2 billion a year. While modern fertility treatments offer new hope for infertile couples, they do have drawbacks. In vitro fertilization is very expensive, may result in multiple pregnancies (or no pregnancy at all), and can increase cancer risk. Poor nutrition, chemical toxins and stress are at the base of many fertility problems. Further, hormone imbalance problems like endometriosis, polycystic ovary syndrome, and fibroids routinely lead to infertility in women.

Who is Crystal Star Conceptions™ Tea For?

- Women who want to support reproductive health through gentle, natural, non-invasive means.

How can Conceptions™ Tea Enhance Your Health Program?

- Sea greens and whole herbs in the blend are loaded with B vitamins; EFA's; and critical minerals like calcium, silica, magnesium and iodine to shore up nutrient supply and establish a body environment favorable for conception.
- Red raspberry is a nutritive, astringent herb that helps prepare the uterus for healthy conception.

A good diet and lifestyle is critical for at least six months before trying to conceive for both partners. Nature tries in every way possible to insure the survival of a new life. In addition, drinking gentle, whole herb tea provides ideal support for a mother-to-be. Conceptions™ Tea is rich in herbal nutrients that nourish and tone the female reproductive system, and can calm stress reactions that disrupt your conception efforts. Without harsh side effects or risks, Crystal Star Conceptions™ Tea helps give your body a gentle nudge, so your own little miracle can take place.

Important note: For the best results, consider an infertility workup for both partners, especially if conception efforts have been unsuccessful for a year or longer.

Product ID#	Size
105370	net weight 3 oz. (85g)

about the herbs

Damiana Lf. (*Turnera diffusa*): an herbal aphrodisiac with hormone balancing activity. Helpful for mild depression.

Licorice rt. (*Glycyrrhiza glabra*): an adrenal energizer and hormone balancer. Especially useful for hormone imbalance related to PCOS (Polycystic Ovary Syndrome).

Red Raspberry (*Rubus idaeus*): an all around uterine tonic, red raspberry is used to help facilitate healthy conception and throughout pregnancy to help the body prepare for childbirth.

Ho-Shou-Wu (Fo-Ti, *Polygonum multiflorum*) Rt.: a toning fertility aid that can be useful for older women trying to become pregnant.

Ashwagandha (*Withania somnifera*): an energy balancing tonic with fertility enhancing benefits.

Dong Quai (*Angelica sinensis*): helps normalize menstrual irregularities and tonifies the blood.

Black Cohosh Rt. (*Cimicifuga racemosa*): a toning herb for female imbalances like prolapsed uterus or fibroid growths.

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Sarsaparilla Rt. (*Smilax medica*): rich in steroidal saponins that form the building blocks for testosterone and progesterone production.

Burdock Rt. (*Arctium lappa*): a mineral rich hormone balancer, blood cleanser and liver booster.

Wild Yam (*Dioscorea villosa*): a good source of diosgenin, used in progesterone synthesis. Experts theorize diosgenin offers gentle progesterone balancing activity for women.

Yellow Dock Rt. (*Rumex crispus*): a rich source of bioavailable iron to nourish the blood and energize the body.

Ginger Rt. (*Zingiber off.*): improves circulation and digestion; catalytic, enhances the effect of other herbs in the formula.

Scullcap (*Scutellaria laterifolia*): helps ease anxiety, PMS irritability and mild depression. Promotes restful sleep.

Hijiki (*Hizikia fusiformis*): a rich source of bioavailable calcium to restore foundation body strength and relieve nervous system stress.

ingredients: Damiana Lf.; Licorice Rt.; Red Raspberry Lf.; Ho-Shou-Wu Rt. (Fo-Ti); Ashwagandha; Dong Quai Rt.; Black Cohosh Rt.; Sarsaparilla Rt.; Burdock Rt.; Wild Yam Rt.; Yellow Dock Rt.; Ginger Rt.; Scullcap Lf.; Hijiki; Stevia.

directions: Drink 2 – 3 cups daily for 4 – 6 months.

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