



St. John's Wort

An herbal supplement to support positive mood balance.*

St. John's Wort is standardized to yield 1 mg (3.33%) Hypericin per capsule.

About St. John's Wort

- St. John's Wort (*hypericum perforatum*) is a perennial shrubby plant with golden flowers
- The term wort is an old English term for plant
- St. John's wort is cultivated worldwide, but grows quite well in Northern California and Southern Oregon
- Contains flavanoids, tannins, and hypericin that help to support Serotonin and Norepinephrine levels*
- The maintenance of these brain chemicals helps to keep proper mood balance*

Supplements Facts

Serving Size: 1 Capsule

Amount Per Serving

St. John's Wort (<i>Hypericum perforatum</i>) (aerial portions) Extract	333 mg
yielding Hypericin	1 mg
St. John's Wort (<i>Hypericum perforatum</i>) Herb Powder	157 mg

Other ingredients: vegetable cellulose (capsule), silicon dioxide, vegetarian leucine.

Warning: Do not take this product if taking any MAO inhibitors or antidepressants. If pregnant or nursing, consult your healthcare practitioner before taking this product.

Caution: Consumption of Hypericin may render the skin photosensitive. Care should be taken during exposure to sunlight, tanning lights, and UV sources.

Suggested Use: As a dietary supplement, take 1 capsule, 1-3 times daily in divided doses with meals, or as directed by your healthcare practitioner.

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*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.