

ST. JOHN'S WORT

What is ST. JOHN'S WORT?

St. John's Wort is a shrubby plant bearing yellow flowers. Both flowers and leaves have been used medicinally for over 2,000 years. The best studied active components are hypericin and hyperforin, found in both the leaves and flowers. It contains other components such as essential oils and flavonoids. Published clinical studies have clearly demonstrated that those suffering from mild to moderate depression have benefited from St. John's Wort. Research also indicates better tolerance with the herb than prescribed medication. It is believed to combat depression by boosting the levels of certain chemical messengers in the brain. It is thought to increase the amount of serotonin available to the nervous system and promote higher levels of dopamine. *

What are the benefits?

St. John's Wort is used to reduce symptoms of depression in people with mild to moderate forms of the condition. When applied to the skin, it helps heal wounds and burns. It may be useful in treating infections caused by viruses. Used alone, it improves mood; effects may be greater when used in combination with therapy. St. John's Wort has been shown to improve sleep quality and the tendency to sleep too long. It helps reduce symptoms of PMS, anxiety, sleeplessness, listlessness and feelings of worthlessness. Research and patients' experiences suggest it may improve the health of people infected with HIV, the virus that causes AIDS. Your healthcare provider should be consulted before adding new herbs to your existing medication regimen. *

Supplement Recommendation:

Look for a product that contains 0.3% hypericin, 5% hyperforin and 20% flavonoids. It should be naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Relieves mild to moderate forms of depression naturally***
- **Helps reduce anxiety***
- **Contains powerful antiviral properties***
- **High in flavonoids, helpful for healing***
- **Improves sleep quality***
- **Improves mood***
- **Reduces symptoms of PMS***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.