



ST JOHN'S WORT (*HYPERICUM PERFORATUM*)

St John's Wort is also known as *Hypericum perforatum* and is native to Europe including Britain. The name St John's Wort was adopted for this plant because it traditionally blooms around the birthday of St John the Baptist. The plant itself, characterised by its beautiful yellow flowers, has been used traditionally for hundreds of years by continental Europeans, and its usages documented as far back as Hippocrates who himself prescribed hypericum. Today St John's Wort is prescribed in Germany in fifty percent of cases of emotional imbalance, anxiety and sleep disorders.



The Benefits of St John's Wort

Emotional balance - it has been used traditionally to help maintain a healthy emotional balance and its use as such is documented as early as the sixteenth century.

Immune system - acts as an immune system stimulant and helps fight viral and bacterial infections.

External use - used externally it helps bruises, strains, sprains, cuts and wounds.



Properties

Anxiolytic - hypericins have anxiolytic (anti-anxiety) effects by the inhibition of the enzyme monoamineoxidase.

Anti-inflammatory - has anti-inflammatory and sedative effects.



Contra-indications/ Precautions

This product should not be used by people taking antidepressants or anyone who has hypersensitivity to sunlight or is taking photosensitizing drugs such as tetracycline. The extensive use of St. John's Wort in Germany (66million daily doses in 1994) has not resulted in any medical reports of serious drug interactions.

This product is not recommended for use during pregnancy or when breast feeding.



Why Choose Natures Aid St. John's Wort Tablets?

Natures Aid manufacture St. John's Wort Tablets in two strengths - 333mg and 500mg of standardised St. John's Wort extract. Each 333mg tablet provides 1000ug of the active ingredient hypericin, and each 500mg provides 1500ug of hypericin.

SUITABLE FOR VEGETARIANS AND VEGANS



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