

ST. JOHN'S WORT

St. John's Wort (*Hypericum perforatum*) is a flowering plant native to Europe and Asia but also found in parts of North and South America, Australia, and Africa. It is a perennial herb with bright yellow flowers that typically bloom around the feast day of St. John the Baptist (June 24th), hence its name. The flowers, leaves, and stems are used for their medicinal properties.

St. John's Wort has a long history of traditional use in herbal medicine, dating back thousands of years. It's been used in several systems of traditional medicine for a variety of ailments, both internal and external. Traditional uses include depression, ulcers, herpes, muscle pain, bacterial infections, minor burns, nerve pain, and more. St. John's Wort combines well with Kava to support an elevated mood.

St. John's Wort's two main active constituents are hyperforin and hypericin, and most research has focused on these two phytochemicals. However, it also contains other flavonoids and phenolic acids, which may play critical roles in supporting the body's physiological processes.

St. John's Wort has been shown in scientific studies to:

- Restore a balanced mood
- Support balance within the female hormonal system

While our supplements are considered safe for most people when used as directed, some can interact with some medications and may not be suitable for individuals with certain health conditions. That's why it's essential to work with your Wellness Way clinic.

SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	5	
Organic St. John's Wort (<i>Hypericum perforatum</i>) 1:2 Extract from 1.25 g Flowering Herb	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Purified Water, Pure Alcohol
(45-55% by volume)



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. For educational purposes only.



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