

St. John's Wort Extract**600 mg, 60 tablets**

Item Catalog Number: 00327

In recent years, St. John's Wort has become the primary botanical for supporting mental well-being.* Planetary Formulas Full Spectrum™ St. John's Wort Extract combines a standardized hypericin extract with a flavonoid-rich (4:1) concentrate of blossoming St. John's wort tops. Each tablet yields a minimum of 1.5 mg of pure hypericin.

References**Supplement Facts**

Serving Size 1 tablet

Servings Per Container 60

Amount Per Serving

Sodium	5 mg
Calcium	80 mg
St. John's Wort Extract (<i>Hypericum perforatum</i>) Standardized Extract 0.3% Yielding 1.5 mg Hypericin	500 mg
St. John's Wort Extract (4:1) of blossoming St. John's Wort Tops	100 mg

Other ingredients: dibasic calcium phosphate, stearic acid, modified cellulose gum, colloidal silicon dioxide, and magnesium stearate.

Dosage and Use

- One tablet twice daily, one in the morning and one in the evening, or as recommended by a healthcare practitioner.
- This product is best utilized when taken on an empty stomach with water.

Caution

If you are pregnant or breastfeeding, or taking a prescription drug, consult your health care professional before using this product.

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