

## St. John's Wort Extract Caps (0.3% Hypericin)

**300 mg, 60 capsules**

Item Catalog Number: 00351

St. John's Wort (hypericin extract) is a weak inhibitor of monoamine oxidase (MAO), which may destroy dopamine in the brain and lead to low spirits. It has also been shown to inhibit re-uptake of several neurotransmitters, including serotonin, dopamine, noradrenaline, GABA, and L-glutamate in the brain, and to reduce expression of interleukin-6.<sup>34</sup> Each of these actions can contribute to alleviating low mood status by slowing the recycling of neurotransmitters needed for maintaining emotional balance. Flavonoids, hypericin, and pseudo-hypericin are the constituents thought to be associated with the benefits of St. John's Wort. In particular, hypericin appears to be the active ingredient.<sup>35-40</sup>

### References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

#### Amount Per Serving

St. John's Wort (*Hypericum perforatum*) Powder Extract (leaf & flower) [std. for 0.3% (0.9 mg) hypericin]

300 mg

Other ingredients: rice flour, maltodextrin, gelatin.

Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, or gluten. Contains NO artificial sweeteners, flavors, colors, or preservatives.

### Dosage and Use

- Take one capsule once or twice daily on an empty stomach, or as recommended by a healthcare practitioner.

### Caution

Side effects can include insomnia, vivid dreams, restlessness, anxiety, agitation, irritability, gastrointestinal discomfort, fatigue, dry mouth, dizziness, and headache. Do not use if taking digoxin unless under a doctor's care. When using St. John's Wort, avoid prolonged sunlight exposure. Concomitant use with oral contraceptives may decrease steroid concentrations, resulting in breakthrough bleeding and irregular menstrual bleeding. Effectiveness of antiretroviral drugs may be reduced.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.