



St. John's Wort

A traditional herbal treatment for mild depression, Nature's Harmony® St. John's Wort is a standardized herbal extract formulated from the herb Hypericum perforatum.

PRODUCT CODE: 400597

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used as a sedative for the relief of restlessness or nervousness. Helps to treat symptoms of sleep disorders.	Capsule	Take 3 capsules daily. May be used for up to six weeks.

DESCRIPTION:

The medicinal use of St. John's Wort dates back more than 2,000 years. Originally it was used to ease pain and promote wound healing. Today it is an accepted treatment for mild depression and seasonal affective disorder (SAD). Each 1,500 mg caplet of Nature's Harmony® St. John's Wort is derived from 300 mg of a 1:5 standardized extract containing 0.3% hypericins, a key active ingredient from the above-ground parts of the plant.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Low serotonin levels, low vitamin D, limited sunlight.

Symptoms of Deficiency: Depression, seasonal affectiveness disorder.

Complementary Nutrients: Nature's Harmony® High Potency Multi-Vitamin & Mineral, Triple Fish Oil.

HOW IT WORKS:

St. John's Wort acts as an antidepressant, but it also has antiviral, antibacterial and anti-inflammatory properties. The active therapeutic ingredients in St. John's Wort are hypericin, pseudohypericin and xanthenes, although other components may support the action of these compounds. Hypericin helps to elevate the biochemicals in the brain that affect mood, namely dopamine and serotonin, and to reduce adrenal activity, which is increased in depression.

In addition, it kills worms that may be present in the body. Many experts believe St. John's Wort works by keeping brain serotonin levels high for a longer period. It also appears to alter levels of dopamine and noradrenalin in the brain, two other neurotransmitters involved in mood.



DID YOU KNOW?

St. John's wort is so named because it blooms around the date of June 24, the birthday of John the Baptist. "Wort" is an old English word for plant.

St. John's Wort

RESEARCH:

British research from 1997 found St. John's wort provided effective relief for mild to moderate depression. New research is investigating the potential antiviral activity of St. John's wort against HIV and herpes simplex.

SIDE EFFECTS:

St. John's wort is generally well tolerated. However, photosensitization may develop if high doses are taken over a long period, especially in people with fair skin (due to the high content of hypericin). It may also cause drowsiness.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. Consult a health care practitioner if you experience sleep disturbances or if you are taking medication such as contraceptives, HIV-1 protease inhibitors, non-nucleoside reverse transcriptase inhibitors, immunosuppressants, anticoagulant, digoxin, theophylline, serotonergic antidepressants, migraine therapies, SSRIs and/or anti-epilepsy drugs. If symptoms persist, consult a health care practitioner.

OTHER CONSIDERATIONS:

Safety in pregnancy and breastfeeding has not been established. Therefore, it is recommended that individuals under these conditions consult their health care practitioner before use.

LABEL:

Natures Harmony®

Millepertuis

Sédatif traditionnel pour apaiser l'agitation et la nervosité

60 capsules

Usage recommandé : Utilisé traditionnellement comme sédatif pour soulager l'agitation et la nervosité. Aide à traiter les symptômes de troubles du sommeil.

Dose recommandée (Adultes) : Prendre 3 capsules par jour. Peut être utilisé pendant tout au plus six semaines.

Ingrédients médicinaux : Chaque capsule contient : Extrait de fleur de millepertuis (*Hypericum perforatum*) (normalisé à 0.3% d'hypericine).....300 mg

Ingrédients non médicinaux : cellulose microcristalline, stéarate de magnésium, dioxyde de silicium, gélatine.

Information sur les risques : À éviter chez les femmes enceintes ou allaitantes. Éviter une exposition prolongée au soleil, aux rayons ultraviolets (UV) ou à une thérapie UV. Les personnes qui manifestent des perturbations du sommeil ou qui prennent des médicaments tels que contraceptifs oraux, inhibiteurs de protéase VIH-1, inhibiteurs non nucléosidiques de la transcriptase inverse, immunodépresseurs, anticoagulants, digoxine, théophylline, antidépresseurs sérotoninergiques, thérapies pour migraines, ISRS et/ou médicaments anti-épileptiques.

RANGER DANS UN ENDROIT FRAIS ET SEC. GARDER HORS DE PORTÉE DES ENFANTS.

Natures Harmony®

St. John's Wort

Traditional Sedative for Relief of Restlessness or Nervousness

60 Capsules

Recommended Use: Traditionally used as a sedative for the relief of restlessness or nervousness. Helps to treat symptoms of sleep disorders.

Recommended Dose (Adults): Take 3 capsules daily. May be used for up to six weeks.

Medicinal Ingredients: Each capsule contains: St. John's Wort (*Hypericum perforatum*) flower extract (STD to 0.3% hypericin) 300 mg

Non-medical Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, gelatin.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours or preservatives.

Risk Information: Do not use if pregnant or breastfeeding. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy. Consult a health care practitioner if you experience sleep disturbances or if you are taking medication such as contraceptives, HIV-1 protease inhibitors, non-nucleoside reverse transcriptase inhibitors, immunosuppressants, anticoagulant, digoxin, theophylline, serotonergic antidepressants, migraine therapies, SSRIs and/or anti-epilepsy drugs. If symptoms persist, consult a health care practitioner.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

www.naturesharmony.com
1-877-929-2548

SunOpta Inc.
6 Commerce Crescent
Acton, ON L7J 2K3

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Une compagnie canadienne fière de l'être.

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