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FOODSCIENCE®
of Vermont

St. John's Wort

An herbal supplement to support positive mood balance.*

St. John's Wort is standardized to yield 1 mg (3.33%) Hypericin per capsule.

About St. John's Wort

- St. John's Wort (*hypericum perforatum*) is a perennial shrubby plant with golden flowers
- The term wort is an old English term for plant
- St. John's wort is cultivated worldwide, but grows quite well in Northern California and Southern Oregon
- Contains flavanoids, tannins, and hypericin that help to support Serotonin and Norepinephrine levels*
- The maintenance of these brain chemicals helps to keep proper mood balance*

Supplements Facts

Serving Size: 1 Capsule

Amount Per Serving

St. John's Wort (<i>Hypericum perforatum</i>) (aerial portions) Extract	333 mg
Yielding: Hypericin	1 mg

Other ingredients: St. John's Wort herb powder, gelatin, silicon dioxide, vegetable stearate.

Warning: Do not take this product if you are taking any MAO inhibitors or antidepressants.

Caution: Consumption of Hypericin may render the skin photosensitive. Care should be taken during exposure to sunlight, tanning lights or UV sources. If you are pregnant or lactating consult your health care practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 capsule, 1-3 times daily with meals.

Sold Exclusively Through Retailers.

0300782.090 (90 capsules)

*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.

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1-800-874-9444 • www.foodscienceofvermont.com