

## Suggested Use

Take 30-40 drops of extract in a small amount of water 3 times daily between meals.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use.

Keep away from children. Use only as directed on label. Safety sealed for your protection.

**GaiaHerbs.com**

## Liquid Herbal Extract

# St. John's Wort

## FLOWER BUDS & TOPS

Validated full spectrum extract

**gaia**  
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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## Supplement Facts

Serving Size 30 Drops [1 ml]

Servings Per Container 30

### AMOUNT PER SERVING

#### EXTRACT †

St. John's Wort  
flower buds & tops †  
(*Hypericum perforatum*),  
65-75% Pure Grain Alcohol  
USP, and Water.

#### VALIDATED FULL SPECTRUM PROFILE

Hypericins 0.3 mg†

†Daily Value not established.

#### † = Ecologically Harvested

Avoid excessive exposure to UV radiation (e.g., Sunlight; tanning) when using this product.

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