

## Did you know?

Named after John the Baptist, St. John's Wort was once considered a holy herb and was widely used to help protect people from evil spirits. Today it's used to support a healthy mood and emotional well-being.\*

**Let's get fresh.** Crack open a bottle and take a deep breath. What you smell is fresh, whole St. John's Wort. Grown and freshly milled in small batches with love for optimum potency.

### Here's to your health!

Absolutely NO dairy, wheat, peanuts, soy, gluten or corn allergens.

**CAUTION:** If taking any prescribed medication, please consult with your healthcare professional prior to use. Avoid excessive exposure to UV irradiation (e.g. sunlight, tanning) when using this product. Keep out of reach of children. Do not take if pregnant or nursing. Discontinue use if unusual symptoms occur.



\*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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# St. John's Wort

lift your spirits\*



90 VEGETARIAN CAPSULES



**Suggested Use:** As an herbal supplement, take three capsules daily with or without food or as directed by your healthcare professional. Do not exceed recommended dose.

Capsules are filled by weight, not by volume.

## Supplement Facts

**Serving Size: 3 caps/Servings Per Container: 30**

### Amount Per Serving

|                                                                                                                                 |         |
|---------------------------------------------------------------------------------------------------------------------------------|---------|
| Organic St. John's Wort flower, leaf & stem<br>( <i>Hypericum perforatum</i> )<br>(Naturally occurring hypericins & flavonoids) | 1050mg* |
|---------------------------------------------------------------------------------------------------------------------------------|---------|

\*Daily Value not established

**Other Ingredients:** Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest  
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Certified Organic by Oregon Tilth.



actual size

